

The **HILLTOPPER**

Hopkinton's Hub for Boomers and Beyond



NOVEMBER 2021

Hopkinton Senior Center



ANNUAL CHRISTMAS SALE

Friday, November 19, 9-6

Saturday, November 20, 9-noon

Cleaning out your attic and garage? Your gently used Christmas items are needed between now and November 17.

HOPKINTON SENIOR CITIZEN'S CHRISTMAS PARTY

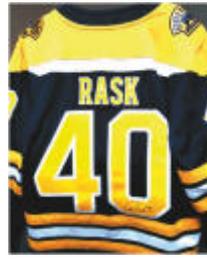
SATURDAY, DECEMBER 11, 1:00 – 3:00

Once again *The Hopkinton Police Association* and their families are presenting the Hopkinton Senior Christmas Party. If you are a **Hopkinton Senior (60+)** or one of our volunteers, make your reservation with the Senior Center. As always, this is a wonderfully joyous party that includes dinner and many door prizes. Rides available; place your ride request when making your reservation by Monday, December 6.



SILENT AUCTION

Check out the numerous gift baskets and items now on display in the lobby and place your bids! Bidding ends at noon on Saturday, Nov. 20.



Signed Bruins Jersey

LEAVING YOUR LEGACY: WRITING YOUR LIFE STORY

Thursday, November 4, 2021 from 12:30-1:30



November is 'National Write Your Own Memoir,' month! To celebrate, we are kicking off this month with an exciting new workshop presented by Barbara Zebrowski of Faith and Family Hospice. Each participant will receive a beautifully-bound "Your Life Story" journal filled with unique questions to get you reminiscing about the good ole' days and help you record those precious moments in time. Keep your journal for yourself, or share it with your loved ones to pass along to future generations. Please register so we can ensure enough materials for everyone.

Table of Contents

PAGE

- 1 Special Events
- 2 Director's Message
- 3 Virtual and In-house Programs
- 4 Transportation/Volunteers
- 5 Crafts/Caring Programs
- 6 Menu
- 7 Program List
- 8 Newsletter Sponsors
- 9 November Calendar
- 10 Friends/Nurse/Durable Med.Equip.
- 11 Newsletter Sponsors
- 12 Medicare/SHINE/Veterans

8:30-4:00 Monday - Thursday

8:30-2:00 Friday

28 Mayhew Street

Hopkinton, MA 01748

(508) 497-9730

PLEASE CALL IF YOU HAVE ANY QUESTIONS

STAFF

	Ext.
Amy Beck, Director	1613
Jessica Migneault, Assistant Director	1617
Admin. Assistant	1614
Julia Schneiderman, Outreach Coord	1616
Kim Carson, Outreach Coord	1615
Susan Stewart, Volunteer Coord	1618
Lisa Deneen, Receptionist	1619
Louis Mongiat, Bus Driver	
Pat Lynch, Custodian	
Alice Rotfort, S.H.I.N.E Counselor	

FOOD SERVICE STAFF

Diana Palmer, Head Chef
Zahra Ali, Chef
Cate De Carolis
Richard Munroe

Volunteers who make it all happen!

COUNCIL ON AGING BOARD

Don Wolf, Chairman	Donna Deneen
Jack Palitsch, Treasurer	Gale Levine
Nancy Drawe, Secretary	Pat Srodawa
Sam Docknevich	Sue Pearson

Board meeting Nov.3 & Dec. 1, 2021 at 1:00.

A Letter from the Director

November is National Gratitude and National Caregivers month! What a great time to remember to count our blessings and appreciate those special people, near and far, who are a part of our lives. Here at the Senior Center that is true as well. I am truly grateful for the wonderful people who work, volunteer, and attend the Senior Center. Each one of you brings something new, special, and exciting to share with us and each other!

The past few months, for National Senior Center month, we featured "What does the Senior Center mean to you" on our bulletin board. It was great to see what you like to do, and take part in here at the Senior Center. Your comments help us continue to expand what we do and celebrate what we are doing well. Please check out our new bulletin board this month which will reflect, "What are you most Grateful for" - we can't wait to see what you add to it.

While we have had, and will continue to see some more changes in staffing at the Senior Center, I am excited to have you meet our new staff members over the coming months. We will have a new Bus Driver and Administrative Assistant join us. I can't wait for you all to meet them, so keep your eyes peeled for our new staff! And, we wish our retiring staff the best as they move on to new adventures and we can't wait to have them back as volunteers and participants.

As you start to make your holiday plans, please remember to hold Saturday, December 11 open for The Annual Police Association Dinner. The Hopkinton Police and their families provide this dinner and afternoon of good food, great conversation, and even a few door prizes to the seniors of Hopkinton. Put this on your calendar and sign up by calling the Senior Center.

Mask guidelines are changing all the time! Please be aware that if our current policy changes you may be asked to wear a mask inside our building (so be prepared and carry one with you). Some programs and classes may require you wear a mask. We try to stay current but things move fast around here and I don't want anyone to be surprised.

Enjoy the rest of your fall and KeepMovin!

Amy Beck, Director

LAUGHTER IS THE BEST MEDICINE!

Wednesday, November 10 at 1:00



Join us for this free special event as certified Laughter Yoga Master Trainer, Linda Hamaker of "Let's laugh today" (letslaughtoday.com) will show you how to bring more laughter into your life without using comedy, jokes or humor! Enjoy this unique exercise of laughter and clapping combined with gentle breathing that brings more oxygen to the body's cells. This oxygen boost gives enhanced vitality, energy and a feeling of real well-being. Any age and any level of physical ability can participate in this uplifting experience! You can sit or stand. There are no fancy poses. Linda will show you how you can add more laughter to your life and how you can use laughter to ease your stress. You will see that laughter is the best medicine!

**Well my dear friends, it's now my turn to say farewell!**

The past 15 years have flown by! I'm the last of the initial supporting staff of what was the brand new Hopkinton Senior Center in October of 2006. It was exciting times and I knew this job was "the glove that fit," and couldn't wait to set-up the reception desk, offices and computer lab. We had about 150+ volunteers who were anxious to get started when we ourselves were not sure what we needed them to do. It was a wonderful learning experience and we have grown tremendously since then. I'm proud to have been a part of it, but life outside of here is passing me by too fast.

My oldest daughter beat me to retirement and is living in South Carolina with her husband and my granddaughter close by. Five other Vermont grandchildren either have a career or are in college. To be able to drive to Vermont whenever we want and visit them and daughter #2 and her family is on the bucket list, as well as a road trip to SC. Too soon these grandchildren will be flying the coop to places unknown.

In the past two months I have poured through the Center's photo albums in preparation for Marlene's and George's retirement celebrations. They brought back a lot of wonderful memories but also a touch of sadness for those who are passed.

Expect to see me pop in occasionally, but first and foremost, I don't want to have to set an alarm again for 6:30 am unless it's for a flight somewhere special.

Thank you for being you and for always making me feel appreciated and loved.

Judi



Virtual Programs

While most of our programs are now in-person, we hope you will still join our virtual programs when they are scheduled. If you are unable to view the presentation, you can still listen in by phone. Someone is always here to help you connect. Please contact us at 508 497-9730 if you have any questions about how to join a program.

Friday, 10:00 am KEEPMOVIN w/ Hopkinton Senior Center (LIVE through Cable & YouTube) 2nd & 4th Friday

Hosted by Director, Amy Beck, and Assistant Director, Jessica Migneault this program gives you a chance to hear what is happening at the Senior Center and around town!

S.H.I.N.E. Serving the Health Insurance Needs of Everyone—Tuesday appointments are at 9, 10, 11, & 12 by phone starting October 15th through Dec. 7th. for the Annual Medicare Open Enrollment. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule an appointment, call the front now desk 508 497-9730 because appointments are filling up quickly.



ONE-ON-ONE NUTRITION APPOINTMENTS

If you have nutrition questions, and would like to talk to someone, please call BayPath's Dietitian, Traci Robidoux at 508-573-7258 and leave a voicemail requesting a call back. Traci is happy to set up a zoom meeting or phone consultation with you.



Have you heard about "TED Talks?"
Mondays at 12:30

The Outreach staff at the Senior Center will be having casual TED Talks group meetings in-person for one hour every Monday at 12:30. **This will also be a hybrid program available by Zoom.** We will view one of these videos, and follow it with a discussion. Please register by calling the Senior Center at 508-497-9730.

Walking Group

Mondays, 9 am

Lisa Deneen will continue this Walking Group during the fall and winter - weather and pathway safety permitting. Max: 6. **Pre-registration is required.**



W.O.W. - Weight Off Wisely

Tuesdays, 10 -11

Welcome back! Its been a long time!

The Weight off Wisely group is meeting again in-person at the Senior Center library where we weigh-in, share camaraderie, recipes, challenges and successes. All of our old group plans to come, and we would love to have you join us as we continue our calorie challenge. This is a free program; no need to register ahead, just show up!



Legal Advice

Friday, November 5 & December 3, 10-11

Elder Law Attorney, Arthur Bergeron of Mirick O'Connell, provides individual free 15 minute clinics. Appointments can be by zoom, phone or in person. Call the front desk for an appointment.



COMPUTER LAB/TECH ASSISTANT

The computer lab is open to the public during the Center's normal hours of operation.

There are Volunteer Tech Assistants to help you from 10-12 Monday through Thursday.

Friday you may make an appointment with Armand Potenza to assist you virtually. Call the front desk for that appointment.



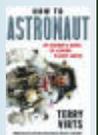
The Hopkinton Senior Center Book Club

meets the first Monday of every month at 10:30.

All are welcome to participate.

We are back meeting in person at 10:30 in the Senior Center library.

November 1 is: "How to be an Astronaut" by Terry Virus.



December 6 is: "The Fountains of Silence" by Rita Sepetys.



Photography Consent

In recent months, the Senior Center has had more regularly published COA programs and activities. Unless participants informs us of their desire not to be photographed, the COA will use photographs/videotapes for promotional purposes.



OUTREACH FUEL ASSISTANCE

SMOC Fuel Assistance

The home heating fuel assistance program through SMOC (South Middlesex Opportunity Council) is beginning again for this year's heating season. The program runs November to April, and is available to all households in Hopkinton if the total household income falls within their guidelines. The Outreach Department at the Senior Center can assist any Hopkinton resident/household with their application. If you heat with natural gas, oil, propane, electricity, wood, coal or pellets, call the Outreach Department at the Senior Center to find out if you income qualify. A household of one qualifies at \$39,105; a home of two, \$51,137; etc. You may also apply if heat is included in your rent. Because of health concerns during this pandemic, appointments will be made to assist applicants. Please call the Center at 508497 9730 and ask for Kim or Julia.

November Senior View "Poems from the Heart"

Guest: Phyllis Proia

Host: Mary McLeod

<http://www.hcam.tv/senior-view>

Senior View is shown on local cable HCAM TV Mondays: 6:30 p.m. Wednesdays: 5:30 p.m. and Thursdays: 11:00 a.m.

November

Reflection: *By Mary McLeod*

Your gift for "Thankfulness" is Joy.



NOVEMBER IS:

National Gratitude Month

National Caregiver Awareness Month

Write Your Memoir Month

Seniors on the Move!

TRANSPORTATION OPTIONS FOR SENIORS

The Hopkinton Senior Center is able to help you find transportation for medical appointments and essential shopping utilizing grants and the MWRTA programs, Dial A Ride and The Ride. If you are a Hopkinton resident 60 years of age and older, a veteran or individual homebound due to a disability, please call the Outreach Department at the Hopkinton Senior Center at least 3 business days in advance of your appointment or desired day of travel at 508-497-9730 ext.1615 for assistance in scheduling a ride. Rides are offered Monday through Friday between the hours of 9 - 3.

Monday - NO Bus Transportation

Tuesday

9:00 -12:30 Local errands and Center activities

Wednesday

9:00 - 12:30 Local errands and Center activities

12:45 - 3:00 Shopping (various discount stores)

Approx. 3:30 rides home from Center

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

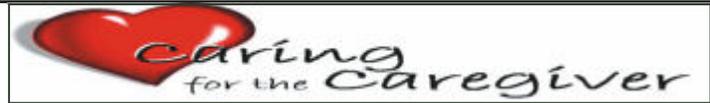
NOTE: Strict safety guidelines are followed for sanitizing cabs and buses, and mask wearing is required for all passengers.



VOLUNTEERS NEEDED!

We are so grateful to see programming back in person and familiar faces coming in the doors of the Senior Center! Volunteers are always needed in a variety of capacities. It's your choice to volunteer once a month, every week or everyday! Please come to the Senior Center (28 Mayhew Street) and see what we are all about, fill out an application or contact Sue Stewart, Volunteer Coordinator at 508-497-9730 ext. 1618 or email, [sstewart@hopkintonma.gov](mailto:ss Stewart@hopkintonma.gov).

CRAFTS



Please pre-register for all classes
Some Programs have class size limits

Craft Classes

TOILET PAPER PUMPKINS: Monday, **November 8th 10-12**

What do you get when you take some festive fall fabric, a roll of toilet paper, and a small stick? A cute and easy-to-make toilet paper pumpkin to decorate your home or gift to someone else.



JENNY O'S HATS

Learn how to make a hat on a loom every Wednesday at 1:00-2:00 in the library or lounge. (Nov. 3 and Nov. 17 this month)



Jenny O'Neil will show you how to create a loom hat. Materials Fee: \$5.00 includes one plastic loom of your choice, a loom stick and yarn.

BEGINNERS HOLIDAY CARD EMBROIDERY WORKSHOP:

12:30-2:30

Tuesday, November 9th & 16th

\$10 fee for 2 classes

This workshop is designed specifically for beginners looking for an introduction into the basics of creating embroidered holiday cards. Supplies will be provided. Taught by Irene MacKeil, this is a two part-workshop, so you should plan to attend both dates. Pre-registration is required.



SAMPLE

KNITTING FOR BEGINNERS:

Tuesdays: 1-3pm in the lobby

Calling all knitters: Stop by Tuesday afternoons from 1-3 if you're looking to learn or refresh your memory on the basics of knitting or if you're stuck on a project, or want to share pattern ideas.



NEW! TRIVIA TUESDAYS

Tuesdays, 1-3

Challenge your brain! Join us for a friendly game of Trivial Pursuit where you can test out your knowledge and stimulate your mind. See how many questions you and your team can answer!

CAREGIVER SUPPORT GROUP

In-person 3rd Wednesday at 10:30
Virtual Fridays at 10:30

- ◆Are you caring for parent spouse/partner or close friend?
 - ◆Are you feeling overwhelmed and isolated?
- Our Caregiver Support Group provides an opportunity for learning and a space for sharing your concerns with others who face similar challenges. **Face coverings required for in-person meetings.**

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

OUR TIME MEMORY CAFÉ

Thursday, December 2nd from 1:00 - 2:00
At the Hopkinton Senior Center

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 Café is a place to socialize, share experiences with others going through similar changes and form friendships. This program is a joint venture between the Hopkinton Senior Center and Hopkinton Public Library.

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

BayPath's Money Management Program

Offered through BayPath, this program assists people 60 and over as well as persons with disabilities who have difficulty managing their day-to-day finances. Clients benefit from free assistance with bill-paying, budgeting, reading mail, advocating with service providers...and more. With the support of BayPath's Money Management volunteers, elders receive the targeted help they need for improved stability and prolonged independence. Certain income and asset guidelines may apply. Volunteers are background checked, trained, and supervised by BayPath staff. If you think you would benefit from this program, or have questions regarding the program, call Sue at BayPath, 508-573-7241.

BayPath's LGBTQ+ Initiative

BayPath Elder Services' LGBTQ+ Initiative is committed to providing and promoting informed, respectful and welcoming services to MetroWest's rainbow community, particularly older adults, persons with disabilities, and caregivers. From offering LGBTQ+ cultural competency trainings to organizations, agencies, and community groups, to helping LGBTQ+ older adults find information, support and get connected with services, to hosting intergenerational conversations with weekly online events, we are here to invite everyone to join us and be fully present as their whole, wonderful, authentic self! Our LGBTQ+ Initiative Coordinator, Julie Nowak (she/they) can be reached at our confidential helpline (508-573-7288, direct line with voicemail) or jnowak@baypath.org. Visit us at <http://www.baypath.org/LGBT.html>

NOVEMBER Lunch Menu

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

Reservations are strongly suggested (508 497-9730) Two seatings:
11:30 & 12:00 ^{ish} \$5.00 LAST ORDER 12:30

Continental Breakfast available daily from 9-10:30 \$1.00 Coffee \$.50

ASK ABOUT 5 FOR \$20 OR 10 FOR \$40

What a deal! Thanks to the *Friends of the Hopkinton Senior Citizens, Inc.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Are you signed up for lunch this week? The Chef needs to know how many to plan for each day.				
1 Steak & Cheese Subs	2 Lemon Dill Salmon	3 American Chop Suey	4 Chicken Vindaloo	5 Vegetable Stew
8 Baked Ham	9 Chicken Parmesan	10 Salisbury Steak	CLOSED Veteran's Day	12 Coconut Shrimp
15 Stuffed Shells	16 Breakfast for Lunch	17 Chicken a la King	18 Pasta Primavera	19 Chicken Biryani
22 Apricot Glazed Pork Loin	23 Haddock St. Germain	No lunch Closed at Noon	CLOSED	CLOSED
29 Thai Peanut Chicken	31 Steak Tips	Menu subject to change		

TWO OF THE MANY GIFT BASKETS FOR



YOUR VIEWING AND BIDDING ON DISPLAY IN THE LOBBY!

Fire Chief Miller and his wife, Krissy were Celebrity Servers at the Center. Left is Eunice Inman and Deb Robbins on the right.



EXERCISE/FITNESS***Fitness class fee policy***

Classes are paid monthly in advance, based on number of classes for the month. If the class is cancelled for any reason we will make adjustments as necessary. Fees: \$3 per class. A **drop-in fee of \$5 for anyone not pre-registered.**

MONDAYS

Walking w/Lisa Deneen 9-10
Weather Permit. Local trails, max.6

YOGA for Seniors 9:00 - \$3
Instructor: Crystal Lee

Exercise with Linda 10:30 - \$3
Instructor: Linda Bellefueille

TUESDAYS

Stretch Class 9:00-9:30 - No fee
Instructor: Dr. Binh Nguyen, CCSP

Zumba Gold® 10:00 \$3
Instructor: Rebecca Tredeau

W.O.W. (Weight Off Wisely) 10:00
Facilitator: Outreach Staff - No fee Library

Balance & Flexibility 11-11:45 \$3
Instructor: Rebecca Tredeau

Exercise with Joni 12:30 - \$3
Instructor: Joni Lebov

Tap Dancing 2:00 \$3
Instructor: Rebecca Tredeau

WEDNESDAYS

Tai Chi 9:30 - \$3
Instructor: Faith Kennedy

FRIDAYS

Zumba 9:15-10:00 \$3
Instructor: Rebecca Tredeau

Chi Gong 10:30 - \$3
Instructor: Linda Bellefueille

Meditation 12:00 on Fridays twice a month (Check Calendar)
Instructor: Jeanne Friswell \$3

ARTS/CRAFTS**Pottery**

Tuesday 9:30 - \$5 Fee (waiting List)
Instructor: Carol Mecagni or Sue Valentine

Quilting

Thursday 9:30 - \$1 materials
Instructors: Laima Whitty, Laure Warren, & Deb Robbins.

Knitting & Crochet

Thursday 9:30 Lounge

Knitting for Beginners

Tuesdays 1-3

Jenny's Hats

Weds. 1-3

GAMES**Mah Jong**

Wednesdays, 1-4 Library

Pitch

Thursday 1:00 Library

Billiards

Billiard Room open during normal hours of operation

Bocce Court & Horseshoes

Available during hours of operation.

MISCELLANEOUS

Wednesday 9:30-3:30 Hairdresser
by appoint; \$10 cut, \$15 wash/cut/dry

2nd Thursday – (Nov. 18, 2021)
Birthday lunch on us for **Hopkinton seniors and volunteers** whose birthday falls in this month. *Please call to reserve your free lunch.*

CULTURAL EDUCATIONAL**TED Talks**

Mondays, 12:30. No fee
Facilitator: Kim Carson
Interesting topics and stimulating conversation follows. (Virtual & in-person)

French (advanced)

Tuesdays & Thursdays 10:30 (zoom)

Computer Lab

Open Daily, No Charge.
Daily tutorial assistance from 10-12.
Assistance includes photo lab, personal laptops and hand-held devices.

Plan B (widows group)

Tuesday 10:00 (monthly check calendar)

KeepMovin - LIVE - with the Senior Center (HCAM.TV)

10am, 2nd and 4th Friday

Legal Advice - First Friday

starting Oct. 1 & Nov. 5 10:00-11:00;
15 minute appointments.

1st Friday at 9:00 – Hopkinton Veterans Breakfast**TECHNOLOGY ASSISTANCE**

Computer Lab Assistance is back Mon. –Th. 10-12

HOME Computer and technology assistance will be available Friday mornings from 10-12 with Armand Potenza by appointment. This is by phone and is **virtual assistance**. Please call the front desk for date and time appointment.

FRIENDS OF THE HOPKINTON SENIOR CITIZENS, INC. 501c3
MEMBERSHIP & DONATION FORM
2021 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

Paperless Hilltopper anyone? Call 508 497-9730

28 Mayhew Street, Hopkinton, MA 01748 - 508 497-9730



ELDER LAW WITH FRANK AND MARY

by Arthur P. Bergeron and Leah A. Kofos

Arthur and Leah are elder law attorneys in the Trusts and Estates Group at Mirick O'Connell.

WHAT'S YOUR HEALTHCARE PLAN FOR 2022?

The Medicare Open Enrollment period began on October 15 and runs until December 7. It's time to assess your health and plan your healthcare budget accordingly. Maybe nothing has changed. As you age, the likelihood of an annual change in your health is much greater. Health changes can cost money, so you should plan for them to the extent that you can.

First, of course, you need to look at your prescription plan, Medicare Part D. As you know, these plans can change even if your health does not. Every year, each plan lists which drugs they cover, the amount of your deductible, and the cost of your co-pay every time you get a refill. Prices may vary from drugstore to drugstore too. It is important that you take the necessary time to figure all this out ahead of time as it may reduce your costs in 2022.

Next, figure out how much you want to risk in other healthcare costs next year and plan accordingly. Your Medicare Part A and B co-pays and deductibles, all based on the services you get, are predictable and do not change from year to year.

Do you know what a day in the hospital would cost you?

How about an MRI? If you have a sense of those costs, you'll have a better sense of how much you want to spend next year to have them covered. Each provider of Medicare supplemental insurance policies will give you a variety of plans at a variety of premiums, all depending on how much risk you want to take.

Finally, you can shop around to see if there is a Medicare Part C plan (referred to as Medicare Advantage) that will allow you to bundle all medical pieces together in one plan, often for less cost. These plans typically offer additional benefits, like subsidized health club and other fitness and health maintenance programs, payments for eyeglasses, and more. Before you make your healthcare investments for 2022, you owe it to yourself to check these out.

If you think this is confusing, you're not alone. The senior center can connect you with the volunteer SHINE counselors and private consultants to help you wade through all this. If you want to learn more about this topic, check out my November seminar on Frank and Mary's YouTube channel,

www.youtube.com/elderlawfrankandmary, and on your local cable station, HCAM-TV (Comcast Channel 8; Verizon Channel 30), along with Frank and Mary's local cable shows, where my co-hosts and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com.

**Paid for by Mirick O'Connell*

Independently Owned and Operated



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

MIRICK O'CONNELL

ATTORNEYS AT LAW

To learn how Mirick O'Connell's
**Estate Planning
Elder Law Attorneys**
can assist you and your loved ones, contact

Arthur P. Bergeron
508.860.1470
abergeron@mirickoconnell.com



Watch our elder law
legal clinics on YouTube:
"ElderLawFrankAndMary"



Follow our Blog:
"Getting All Your 'Docs'
in a Row"

Excellence in our work.
Excellence in client service.
Excellence in value.

800.922.8337
www.mirickoconnell.com



NOVEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right; font-weight: bold;">1</p> <p>9:00 Walking Group 9:00-10:15 Chair Yoga 10:30 Exercise w/Linda 10:30 Book Club 12:30 TED Talk Chat</p>	<p style="text-align: right; font-weight: bold;">2</p> <p>9:00 S.H.I.N.E appt. 9:00 Stretch/Dr.Binh 9:30 Pottery 10:00 WOW 10:00 Zumba 10:30 French (zoom) 11:00 Balance & Flexib 12:30 Exercise/Joni 1-3 Beginner Knitting 2:00 Tap Dancing</p>	<p style="text-align: right; font-weight: bold;">3</p> <p>9-12 Nurse Available 9:30-3:30 Hair Appnt. 9:30 Tai Chi 10:00 Coffee Chat 1:00 Bocce Group 1:00-4:00 Mah Jong 1:00 COA Board Meeting 1-2 Jenny's Hats</p>	<p style="text-align: right; font-weight: bold;">4</p> <p>9:00 Quilting Group 9:30 Knitting Group 10:30 French (zoom) 10:30-11:30 Blood Pres 12:30 Writing your Legacy 1:00 Pitch</p>	<p style="text-align: right; font-weight: bold;">5</p> <p>9:00 Veterans Brkfst. 10:00-12:00 Tech. Assist.by Appt. 10-11 Legal Clinic Appt 10:30 Chi Gong 10:30 Caregiver Support (zoom)</p>
<p style="text-align: right; font-weight: bold;">8</p> <p>9:00 Walking Group 9:00-10:15 Chair Yoga 10:30 Book Club 12:30 TED Talk Chat</p>	<p style="text-align: right; font-weight: bold;">9</p> <p>9:00 S.H.I.N.E appt. 9:00 Stretch/Dr.Binh 9:30 Pottery 10:00 WOW 10:00 Zumba 10:30 French (zoom) 11:00 Balance & Flexib 1-3 Beginner Knitting 2:00 Tap Dancing</p>	<p style="text-align: right; font-weight: bold;">10</p> <p>9-12 Nurse Available 9:30-3:30 Hair Appnt. 9:30 Tai Chi 10:00 Coffee Chat 1:00 Bocce Group 1:00-4:00 Mah Jong 1:00 Laughter Best Med.</p>	<p style="font-size: 2em; color: #000080; font-family: cursive;">Honoring ALL WHO served</p> <p style="color: #C00000; font-weight: bold;">THANK YOU VETERANS</p>	<p style="text-align: right; font-weight: bold;">12</p> <p>9-11:30 Vet's Agent 9:15 Zumba 10:00-12:00 Tech. Assist. w/ A.Potenza 10:00 KEEP MOVIN 10:30 Chi Gong 12:00 Meditation</p>
<p style="text-align: right; font-weight: bold;">15</p> <p style="color: #C00000; text-align: center;">No exercise in Great Room all week</p> <p>9:00 Walking Group 9:00-10:15 Chair Yoga 10:30 Book Club 12:30 TED Talk Chat</p>	<p style="text-align: right; font-weight: bold;">16</p> <p>9:00 S.H.I.N.E appt. 9:30 Pottery 10:00 Plan B 10:00 WOW 10:30 French (zoom) 1-3 Beginner Knitting</p>	<p style="text-align: right; font-weight: bold;">17</p> <p>9-12 Nurse Available 9:30-3:30 Hair Appnt. 10:30 Caregiver Support 10:00 Coffee Chat 1:00 Bocce Group 1:00-4:00 Mah Jong 1-2 Jenny's Hats</p>	<p style="text-align: right; font-weight: bold;">18</p> <p>9:00 Quilting Group 9:30 Knitting Group 10:30 French (zoom) 10:30-11:30 Blood Pres 11:30 Birthday Lunch 1:00 Pitch</p>	<p style="text-align: right; font-weight: bold;">19</p> <p>10:00-12:00 Tech. Assist. w/ A.Potenza 10-12 Sew Fun 10:30 Caregiver Support (zoom)</p> <p style="color: #C00000; text-align: center;">Christmas Sale 9-6 Saturday 9-noon Auction ends Noon</p>
<p style="text-align: right; font-weight: bold;">22</p> <p>9:00 Walking Group 9:00-10:15 Chair Yoga 10:30 Exercise w/Linda 12:30 TED Talk Chat</p>	<p style="text-align: right; font-weight: bold;">23</p> <p>9:00 S.H.I.N.E appt. 9:00 Stretch/Dr.Binh 9:30 Pottery 10:00 WOW 10:00 Zumba 10:30 French (zoom) 11:00 Balance & Flexib 12:30 Exercise/Joni 1-3 Beginner Knitting 2:00 Tap Dancing</p>	<p style="text-align: right; font-weight: bold;">24</p> <p>9-12 Nurse Available 9:30-3:30 Hair Appnt</p> <p>10:00 Coffee Chat NO LUNCH CLOSE AT NOON</p>	<p style="font-weight: bold; font-size: 1.5em;">CLOSED</p>	<p style="font-weight: bold; font-size: 1.5em;">CLOSED</p>
<p style="text-align: right; font-weight: bold;">29</p> <p>9:00 Walking Group 9:00-10:15 Chair Yoga 10:30 Exercise w/Linda 12:30 TED Talk Chat</p>	<p style="text-align: right; font-weight: bold;">30</p> <p>9:00 S.H.I.N.E appt. 9:00 Stretch/Dr.Binh 9:30 Pottery 10:00 WOW 10:00 Zumba 10:30 French (zoom) 11:00 Balance & Flexib 2:30 Exercise/Joni 1-3 Beginner Knitting 2:00 Tap Dancing</p>	<p style="font-size: 4em; font-weight: bold; color: #006400;">#KEEPMOVIN</p>		



854 Washington Street • Holliston, MA 01746 • 508-429-2391
57 Hayden Rowe Street, Hopkinton, MA 01748 • 508-435-6444
Our Hopkinton location has expanded.

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 in person on the 4th Monday at 10:00 am.

Thrift Shop Hours: M-Th. 9:00 to 3:00 Fri. 10:00 to 1:00

THE ANNUAL CHRISTMAS SALE will take place Friday, November 19 from 9-6 and Saturday, November 20 from 9-noon. We are accepting items for the Christmas sale now.

GIFT BASKET SILENT AUCTION: Basket are on display in the lobby now. The Auction winners will be announced at noon on Saturday November 20th. See photos on front page and page 6.

Bottle & Can Drive

A receptacle is available by the staff entrance near the garage. Please don't bring them to the front door. Also, redeemables can be brought to the Hopkinton Recycling Center, 2nd Saturday of the month.

Friends of the Hopkinton Senior Citizens, Inc. (501c3)

Friends meet at the Center the 3rd Monday of the month at 10:30 am

Board: Barbara Beale, President - Sally Almy, Vice President - Marion Intinarelli, Secretary - Dolores Ivester, Treasurer
Directors: Mary McLeod - Juliet Smith - Gail Tonelli (Thrift Shop Coordinator) - Sheila Frackleton - Elizabeth Swenson

PUBLIC HEALTH NURSE

The Town of Hopkinton Health Department has a new Town Nurse, **Simone Carter**, who can assist with medication review, blood pressure screening, health and fall risk assessment. She will be available here on Wednesday mornings 9:00—12:00.

Feel free to contact her directly:

Office: (508) 497-9725 ext. 1156

Cell 774 278-4027 (During regular work hours)

scarter@hopkintonma.gov



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.



LET'S GO SHOPPING!

The online store will open November 5-19, 2021

In addition to sweatshirts, long sleeved shirts and t-shirts, we are now offering **baseball caps**, tank tops and our favorite 2021 accessory, **masks!**

HOPKINTON SENIOR CENTER (HSC) APPAREL ON SALE - DON'T MISS OUT!

The online store is accessible through the link hscapparel2021.itemorder.com

Call the Senior Center if you need assistance ordering online.



hopkinton seniorcenter.com

"Like" us on [Facebook](https://www.facebook.com/hopkinton seniorcenter): Hopkinton Senior Center





DISCOVER *the difference*

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!

WHITCOMB HOUSE

245 West Street, Milford, MA 01757

508-634-2440 whitcombhouse.com

An Assisted Living and Memory Care Community



Celebrating 70 Years of Personal Service and Community Support

**Auto • Home • Business
Condo / Renters**

We are Your Reliable Independent Insurance Neighbor!

www.PHIPPSINSURANCE.COM

508-435-6388



Hopkinton Card & Gift

gifts for all ages and occasions

52 Main Street, Hopkinton 508-435-4441

@hopkintoncardandgift



Molly Lukason

LICSW, C-ASWCM



Milestones Unlimited

In-home Geriatric Therapeutic Counseling & Support

508-659-9391 • Molly@MilestonesUnlimited.biz

www.MilestonesUnlimited.biz



Creating beautiful smiles!

CROWNS | IMPLANTS | DENTURES & MORE

508-625-1814 | www.HopkintonSquareDental.com

22 SOUTH ST, HOPKINTON



Independent Living, Assisted Living,
Memory Care & Mental Health,
Adult Social Day Program
747 Water Street, Framingham
508-665-5300

www.maryannmorse.org

NEW! Mary Ann Morse Home Care provides skilled home health services throughout Metro West: 508-433-4479



Long-Term & Memory Care, Short-Term
Rehab, Outpatient Rehab
45 Union Street, Natick
508-433-4404

TRAIN with SHAIN

IN HOME PERSONAL TRAINING
FOR SENIORS

Gait, Balance/Fall Prevention
& Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED



Experience "The Golden Rule"
STAY IN YOUR OWN HOME!

We help with daily activities like Personal Care
Meal Preparation • Errands and Transportation
Light Housekeeping • Caregiver Respite

Call Today for a Consultation!
John Paul Plouffe 508-769-6621
www.goldenrule.care

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at

www.mycommunityonline.com



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Susanne Carpenter**

to place an ad today!

scarpenter@lpicommunities.com

or **(800) 477-4574 x6348**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Hopkinton Council on Aging, Hopkinton, MA 06-5108

HOPKINTON VETERANS BREAKFAST NOVEMBER 5 at 0900

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.

November 5 - Sponsored by the Veterans & Supporters Employee Resource Group at Dell Technology.

December 5 - Sponsored Hopkinton Police Association in support of Officer Nate Wright.



VETERANS DAY EVENTS

11/11/2021 at 11:00 am

American Legion Veterans Day ceremony
at the Hopkinton Senior Center

5:30 Veterans dinner at Woodville Rod and Gun Club
252 Wood Street, Woodville
No reservation needed

Veterans Services Department At the Hopkinton Senior Center

Agent Hours are: 9-11:30 Fridays on:
November: 11/5 and 11/17

Director and Veterans Agent, Sarah Bateman
Part Time, Agent Jill Murray-Wildt
Email: sbateman@metrowestvets.com
Direct line: (774) 233-7102
Central Office: (508) 429-0629

MEDICARE UPDATES

Medicare Open Enrollment ends December 7th
Don't miss your chance to change plans
SHINE can help!

It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. For the best comparison, you should have a Medicare account. If you don't have one already, you can go to Medicare.gov to easily create one, or SHINE can help you do it.

Call your Senior Center and ask for a SHINE appointment. At the time of your appointment you should have your:

Medicare account Username and Password (if you have an account)

Medicare card # and other drug/health insurance cards and benefit information

Prescription drug list (dosage, quantity, frequency)

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.



PRESORTED
STANDARD
U S POSTAGE
PAID
PERMIT NO. 59
HOPKINTON, MA

Hopkinton Senior Center
28 Mayhew Street
Hopkinton, MA 01748

