

# The **HILLTOPPER**

Hopkinton's Hub for Boomers and Beyond



**January  
2022**

**Hopkinton Senior Center**

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**HAPPY NEW YEAR**

سنة جديدة سعيدة

¡Feliz año nuevo!

Bonne  
année!

新年快

Frohes neues Jahr!

**szczęśliwego Nowego Roku**

feliz Ano Novo

с НОВЫМ ГОДОМ

새해 복 많이 받으세요

Gott nytt år!

Happy New Year from all of us at the Hopkinton Senior Center!

Looking for information in another language?

The Town of Hopkinton website, including information about the Senior Center, can be translated into more than 50 different languages now!

For info on selected Senior Center programs and services, you can also access a simplified 'Google Doc' version of the monthly newsletter that can be translated as well.

## FREE FITNESS CLASSES



Health is Wealth!! If you've been thinking about trying one of our many exercise classes, or thinking about new ways to get some exercise in during these chilly winter months, we've got your solution! All January and February, fitness classes will be offered free of charge. Now is a

great time to start developing some new and healthy habits!

This is made possible due to generous support from the Friends of Hopkinton Senior Citizens, Inc.

8:30-4:00 Monday - Thursday

8:30-2:00 Friday

28 Mayhew Street

Hopkinton, MA 01748

(508) 497-9730

[www.hopkintonseiorcenter.com](http://www.hopkintonseiorcenter.com)

**PLEASE CALL IF YOU HAVE ANY QUESTIONS**

## STAFF

Ext.

Amy Beck, Director.....1613

Jessica Migneault, Assistant Director .....1617

Kim Carson, Outreach Coord.....1615

Julia Schneiderman, Outreach Coord .....1616

Susan Stewart, Volunteer Coord.....1618

Lisa Deneen, Receptionist.....1619

Louis Mongiat, Bus Driver

Karen Cooprider, 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

Melissa Menard

*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

Sandra Story

Upcoming board meetings:

Jan. 5th and Feb. 2nd at 1:00pm

### ***A Letter from the Director***

Happy New Year!

As we welcome 2022 I can't help but reflect on the past year, and what a year it was! I am so grateful that we have been able to re-open to pre-COVID capacity and hope that you are enjoying all the programs and activities that are happening here at the Senior Center! New programs are being added all the time so keep your eyes open for what may be coming next.

I love to start the New Year with plans or resolutions of what I hope to accomplish and do in the upcoming year. We like to emphasize that we should keep moving, and it is with that thought I am excited to announce that the Friends of Hopkinton Seniors are giving you all the gift of free exercise classes for the months of January and February so you can keep moving! What better way to bring in the New Year than to try a new class, continue with your current ones and to KeepMovin at the Senior Center!

I would like to thank the Police Association for their wonderful party this past December. I am so grateful that we were able to celebrate the season with them and their families this year! I know they were also very excited and happy to see you all again as well.

Another great thing to do at the beginning of a new year is to clean out your medicine cabinet of expired or unwanted medications. On Monday, January 10 from 10 -12 we will have a Disposal Drop Box at the Senior Center for your expired or unwanted medications. We cannot accept sharps at this location, but they can be dropped off in a special box at the Police Station at any time.

Welcome to a new year filled with potential and excitement! And while it is often harder to go out in the colder weather we hope you will KeepMovin and join us here at the Senior Center!

As of the printing of this newsletter, all staff and participants are required to wear a face mask while inside at the Senior Center

*Amy Beck*, Director

### **Photography Consent**

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



### **ART APPRECIATION: AMERICAN ART EXPLAINED**

WEDNESDAY, JANUARY 19TH AT 1PM

Come experience paintings from colonial times to today as they tell America's story – including the Revolutionary War, immigration, industrialization, and more. From folk art portraits to surprising realism, then on to impressionist and abstract images, visualize America's growth and change as well as its developing artistic styles through time.



*Please pre-register for this program.*

### **CULTURAL CONVERSATIONS: EXPERIENCE CHINA**

THURSDAY, JANUARY 27TH AT 10AM

**Cost: \$5**

**Pre-registration required to ensure adequate supplies.**

Each month in 2022 we will host Cultural Conversations where we'll learn about and discuss new and diverse cultures and communities from all around the world.

This month join us as we learn about life in contemporary China.

Our host will share stories from his visits there and share pictures from both the rural countryside and cities, showcasing cuisine and regular daily life.

We'll sample some authentic Chinese food as we learn how to use chopsticks!



### **Winter Weather Policy**

The Senior Center will be closed to the public if the Hopkinton Schools are closed due to inclement weather. Play it safe; watch the news and check for school closings. When in doubt call the Senior Center or check out our Facebook page for closing updates. Please keep in mind, that transportation assistance may also be impacted by inclement weather.

## GET INVOLVED FROM HOME

We are back in-person for most of our programs. But that doesn't mean you can't still get involved in some of our events and activities from home! Look for the word "Hybrid" or "Virtual" listed next to programs on the calendar page for a full listing. Give us a call to register, or if you're having trouble connecting. There's always someone here to help.

\*Call the Senior Center to register for any of these programs or for individual one-on-one appointments. Space may be limited, so call early!

**Machu Picchu: Past and Present**  
**Wednesday, January 26th at 2:30pm Virtual**



Machu Picchu is one of the new 7 wonders of the world and the most iconic archaeological site of Peru and South America. In this lecture we will go back to its origins, its meaning for the Inca society, and its significance to the western world in 1911. We will end the experience with a guided photo expedition to this site located in one of the most beautiful landscapes of the Peruvian Andes. Call for link.

**S.H.I.N.E. Serving the Health Insurance Needs of Everyone**

**Individual Appointments Tuesdays, 9am—12pm**  
 Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs.

### LEGAL ADVICE

**Friday, January 7 from 10am-11am**  
 Elder Law Attorney, Arthur Bergeron of Mirick O'Connell, provides individual free 15 minute clinics. Appointments are done in person or by phone.

### BAYPATH PATHWAYS

#### VIRTUAL COFFEE HOUR

**1st, 2nd, and 4th Tuesday monthly at 11am**

Baypath's LGBTQ+ Initiative Coordinator, Julie Nowak (she/they) hosts a chat about this n' that! Visit: <http://www.baypath.org/LGBT.html> for additional info or reach out to their confidential helpline at 508-573-7288.

\*RSVP to Julie directly by email: [jnowak@baypath.org](mailto:jnowak@baypath.org)



## HEALTH AND WELLNESS

### WEIGHT OFF WISELY (W.O.W.)

**Tuesdays, at 10am**

The Weight off Wisely group is meeting in-person at the Senior Center library where we weigh-in, share camaraderie, recipes, challenges and successes.

### MEDICATION DISPOSAL DROP OFF

**Monday, January 10th from 10am-12pm**

Stop by for coffee with a Hopkinton Police Officer while you drop off expired or unwanted medications at the Senior Center. We cannot accept sharps.

### HEARING AID CLEANING

**Thursday, January 20th at 12:30pm**

Audiologist, Darcy Repucci, of Hopkinton Audiology will be providing hearing aid cleanings.



### STOCKING THE PANTRY FOR THE WINTER

**Wednesday, January 26th at 12:30pm**

*\*Rescheduled from last month*

Come learn tips for stocking a good pantry and some easy pantry meal ideas for the winter months.

### ONE-ON-ONE NUTRITION APPOINTMENTS

BayPath's Dietician, Traci Robidoux, is happy to set up a zoom meeting or phone consultation. Leave a message, requesting a call back, at: 508-573-7258.



### PUBLIC HEALTH NURSE

Simone Carter, the Town Nurse is at the Senior Center every Wednesday from 9:00am-12:00pm. Do you have questions about health, wellness, med interactions, fall risk, blood pressure, etc.? Stop in to get all your questions answered. No appointments needed. You can contact her directly during regular business hours as well.

Office: 508-497-9725 ext. 1156 Cell: 774-278-4027

### Durable Medical Equipment

(for Hopkinton resident use only)

We maintain an extensive inventory of durable medical equipment to loan out. Whether you need a transport chair to get through a busy weekend, a walker while recovering from surgery, a handy cane for everyday use, or any other equipment, call us first before purchasing equipment on your own.

Wheelchairs and transport chairs require a refundable security deposit, but otherwise items are free to borrow on a first come, first serve basis.



## DAY TRIPS

All trips are weather dependent!

### Worcester Art Museum and lunch at O'Connor's Restaurant

Wednesday, January 12th Depart at 10am

We'll start at the Worcester Art Museum where you can explore at your leisure, then we'll get lunch (pay on your own) at O'Connors Restaurant.

**Bus and Museum: \$17 Please pay at sign up**

### Wright's Chicken Farm

Thursday, January 20th Depart at 3pm

Family-style chicken dinner served with fresh rolls, salad, pasta, fries, and the iconic Wrights Rolled Ice Cream included.

**Bus and Dinner: \$25**

### Solomon Pond Movies and Mall Walking

Monday, February 7th Depart at 10am

Estimated Return Time 3:30pm

Grab lunch at the mall then enjoy you're choice of a movie or strolling through the mall. \*Movie options will be listed closer to the trip date.\*

**Bus: \$3** (food and your choice of entertainment on your own)

*Out-of-town and non-senior residents (under 60) as space is available. Remember you must have your Emergency Contact information available when making your reservation.*

## OUTREACH

### SMOC Fuel Assistance

The Outreach Department at the Senior Center can assist any Hopkinton resident/household with their application for the home heating fuel assistance program through SMOC (South Middlesex Opportunity Council). The program runs November to April, and is available to all households in Hopkinton if the total household income falls within their guidelines. 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. No walk-in's will be accepted; appointments are required to assist applicants. Please call the Center at 508-497-9730 and ask for Kim or Julia.

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

**IDEAS WORTH SPREADING** The Outreach staff host a weekly casual TED Talks group for one hour every Monday. **You can participate in-person or by Zoom.** We view a TED Talk video, and follow it with a discussion. Please register by calling the Senior Center at 508-497-9730.

## BUS SCHEDULE

### 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:** We observe strict safety guidelines for sanitizing buses, and mask wearing is required for all passengers and drivers.

## SENIORS ARE ON THE MOVE!

### TRANSPORTATION OPTIONS FOR SENIORS

We are 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 or older, a veteran, or individual homebound due to disability, please call the Outreach Department at the Hopkinton Senior Center at least 3 business days prior to your desired day of travel for assistance in scheduling a ride. Rides are offered Monday through Friday between the hours of 9 - 3.

### **AARP Foundation** **TAX-AIDE**

Every Tuesday- February 1st thru March 29th

The AARP Foundation Tax-Aide program provides in-person tax preparation help to anyone, free of charge, with a focus on taxpayers who are over 50 **and have low-to-moderate income.** Tax-Aide preparers are all trained volunteers who live in our area.

Walk-ins not accepted; please call to make your appointment. Health and safety guidelines will be in place. Please make sure your bring all required tax info and paperwork to your appointment.

## FEELING CRAFTY

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

### Rubber Duckie Soap Class

Monday, January 3rd at 1pm  
 January is National Rubber Duck Month!!

Each participant will make their own soapy creation using glycerin-based soap. The process doesn't involve traditional soap making techniques, so there is no lye exposure. Once slightly cooled, we'll add cosmetic grade glitter, colors, essential oil (optional), and your choice of a variety of rubber duckies to embed and decorate. Cost: \$8 per person. Limit 20 people.



### Sock Snowman Craft

Monday, January 10 10am-12pm  
 Come learn how to make these adorable snowmen to spruce up any shelf or mantle this winter season.

### How to Create A Knitted Hat for Beginners

Wednesdays at 1:00 pm.

We're excited to welcome Jenny O'Neil, COA Volunteer, back to teach us how to create an easy loom hat — the perfect winter accessory!

*Materials Fee: \$5.00 (Includes: One plastic loom of your choice, a loom stick, and yarn)*

### Knitting for Beginners

Tuesdays: 1pm-3pm

Calling all knitters: Stop by Tuesday afternoons 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.



### Sew Fun Fridays

Fridays: 10am-12pm

Want to sew with friends? Join us for open sewing in the sewing/quilting room. Bring a project you're already working on or come and learn the basics of how to sew during this open sew.

## NEW GROUPS AND ACTIVITIES

We're always looking at how to better meet the needs of the community. If there's a group you'd like to start, or a program you are interested in seeing—then let us know! Your suggestions and ideas directly impact the programs and activities we bring to the Center! If you're interested in facilitating or teaching a group or activity—please let us know that as well!



### CAREGIVER SUPPORT GROUP

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

- ◆ Are you caring for a 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.

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

### OUR TIME MEMORY CAFÉ

**Thursday, January 6th from 1:00pm - 2:00pm**  
**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](mailto:info@ourtimememorycafe.org)**



### DE-CLUTTER GROUP

**First Meeting: Tuesday, January 18th at 1pm**

This group will meet the first and third Tuesday of the month. Do you find yourself overwhelmed by the clutter in your house and don't know where to start? Or are you thinking about your future and the possible need to get rid of some stuff? Come join our declutter and organization support group at the Senior Center, where we will share ideas and motivate each other. Make a new start for a new year! All are welcome! Contact Julia in the Outreach Dept. for questions.

## Making Hopkinton an Age and Dementia Friendly Community

The Senior Center has started an initiative to get Hopkinton certified as an age-friendly and dementia-friendly community. Representatives from town government, police, fire, the faith community, business, and other organizations will work together to make Hopkinton a more supportive and comfortable place to live for seniors, people with dementia, and their caregivers. For more information and to find out how you can participate, please contact Sam Docknevich, [sdocknevich@gmail.com](mailto:sdocknevich@gmail.com)

# JANUARY 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 <sup>ish</sup> \$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
<b>Are you signed up for lunch this week? The Chef needs to know how many to plan for each day.</b>				
3 Oriental Chicken Stir Fry	4 Manicotti and Sausage	5 Fish & Chips	6 Chicken Biryani	7 Mediterranean Kebobs
10 Beef & Bean Burrito	11 Pulled Pork	12 Beef Short Ribs	13 Chicken Vindaloo	14 Coconut Shrimp
17 CLOSED	18 Baked Stuffed Peppers	19 Chicken broccoli Alfredo	20 Aloo Malar Paneer	21 Fish Tacos
24 Polynesian Pork	25 Chicken Piccata	26 Mothers Beef Stew	27 American Chop Suey	28 Baked Haddock Limone
31 Seafood Stew			<b>Menu</b> subject to change	
<b>Paperless Hilltopper anyone? Call 508-497-9730</b>				

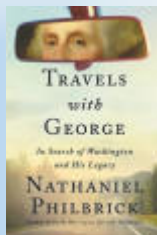


### The Hopkinton Senior Center Book Club

The Book Club meets in-person the first Monday of the month at 10:30am. We always welcome new participants!

January 3 is: "Travels with George," by Nathaniel Philbrick

February 7 is: "Moby Dick" by Herman Melville



**HOPKINTON SENIOR CENTER (HSC)  
APPAREL ON SALE - DON'T MISS OUT!**  
The online store will open January 10th thru January 24th

In addition to cozy sweatshirts, long sleeved shirts and t-shirts, we've also got baseball and winter hats, tank tops, face masks, and brand new fleece vests!!

The online store is accessible through the link [hscapparel 2022.itemorder.com](https://hscapparel2022.itemorder.com)  
Call us if you need help ordering online.

## REGULARLY SCHEDULED PROGRAMS

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

All fitness classes are free for January and February. Depending on level of interest, there may be class size limits and restrictions.

**MONDAYS****YOGA for Seniors 9:00**

Instructor: Crystal Lee

**Exercise with Linda 10:30**

Instructor: Linda Bellefeuille

**TUESDAYS****Stretch Class 9:00-9:30**

Instructor: Dr. Binh Nguyen, CCSP

**Zumba Gold® 10:00**

Instructor: Rebecca Tredeau

**Balance & Flexibility 11-11:45**

Instructor: Rebecca Tredeau

**Exercise with Joni 12:30**

Instructor: Joni Lebov

**Tap Dancing 2:00**

Instructor: Rebecca Tredeau

**WEDNESDAYS****Tai Chi 9:30**

Instructor: Faith Kennedy

**FRIDAYS****Walking w/Lisa 10:30**

Weather Permitting Local trails, max.6

**Zumba 9:15-10:00**

Instructor: Rebecca Tredeau

**Chi Gong 10:30**

Instructor: Linda Bellefeuille

**Meditation 12:00 Twice a month  
(Check Calendar)**

Instructor: Jeanne Friswell

**ARTS/CRAFTS****Pottery**

**Tuesday 9:30 - \$5 Fee (Waiting List)**

Instructor: Carol Mecagni or Sue Valentine

**Knitting for Beginners**

Tuesdays 1-3

**Quilting**

Thursday 9:30 - \$1 materials

Instructor: Deb Robbins

**Knitting & Crochet**

Thursday 9:30 Lounge

**Sew Fun Fridays**

Fridays 10:00-12:00

**WELLNESS/SUPPORT****W.O.W. (Weight Off Wisely)**

Tuesdays: 10:00

**Plan B (Widows Group)**

Tuesday 10:00 (check calendar for date)

**Ask the Nurse**

Wednesdays: 9:00 - 12:00

**Blood Pressure Screenings**

Thursday 10:30 - 11:30

**Memory Cafe**

Thursday 1:00 (check calendar for dates)

**Caregiver Support Groups**

Wednesdays: 10:30 In-person (check calendar for dates)

Fridays: 10:30 (Virtual) (check calendar for dates)

**TECH ASSISTANCE****Computer Lab Assistance**

Monday thru Thursday 10-12

**HOME Computer and technology assistance**

Fridays 1—12pm with Armand Potenza

**CULTURAL/EDUCATIONAL****TED Talks**

Mondays, 12:30. No fee (Hybrid)

Facilitator: Outreach Department

**French (advanced) (Virtual)**

Tuesdays & Thursdays 10:30

**Legal Advice**

Jan. 7, 10:00-11:00;

15 minute appointments.

**Keep Movin - LIVE - with the Senior Center (HCAM.TV)**

10am, 2nd and 4th Friday

**Veterans Breakfast**

1<sup>st</sup> Friday at 9:00

**Veterans Agent Hours**

Fridays 9-11:30 (check calendar for date)

**GAMES/RECREATION****Mid-day Movie Matinee's**

Mondays, 2-4 Library

**Trivia**

Tuesdays, 1-3 Library

**Mah Jong**

Wednesdays, 1-4 Library

**Pitch**

Thursday 1:00 Library

**Billiard's**

Open during normal hours of operation

**MISCELLANEOUS**

**Wednesday 9:30-3:30 Hairdresser** by appt— \$10 cut, \$15 wash/cut/ dry

**2<sup>nd</sup> Thursday – (Jan. 13, 2022)** Birthday lunch on us for **Hopkinton seniors and volunteers** whose birthday falls in this month. *Please call to reserve your free lunch.*

**FRIENDS OF THE HOPKINTON SENIOR CITIZENS, INC. 501c3**  
MEMBERSHIP & DONATION FORM  
2022 DUES - \$5 PER YEAR

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**PAPERLESS EMAILED HILLTOPPER ? Yes No**

**Checks may be made payable and mailed to:**

***FRIENDS OF THE HOPKINTON SENIOR CITIZENS, INC.***  
**28 MAYHEW ST., HOPKINTON, MA 01748**

MEMBERSHIP \$ \_\_\_\_\_

DONATION \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

**Membership does not include mailing outside of Hopkinton; we can however, email the newsletter.**



## 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.*

### PLANNING TO STAY HOME

It's January. It's cold. The holidays are over. What a great time to just hunker down and stay home. You probably agree with my friends Frank and Mary, and with most of my other clients, that there's no place like home. Now may be a good time to consider your situation in general and your options to stay home as long you can.

First, take a fresh look at your home. Will it be a safe place for you to live as you get older? Does the bathroom have the grab bars you may need? Are the washer and dryer in the basement? You may want to talk to a home repair person who specializes in retrofitting homes for folks who are getting older. Figure out what it would take, and how much it would cost, to make your home as safe as possible.

Next, figure out how you would pay for those home modifications. While you're doing that, work out how much it would cost you to have someone to come in and help you around the house. Call the folks at the ASAP (Aging Services Access Point) in your area and ask to have someone come over and talk to you about all this. For my clients, that means calling Baypath Elder Services or Elder Services of Cape Cod and the Islands (ESCCI). They can give you a sense of what home care might cost and whether you are eligible for subsidies through their agency.

Finally, if you don't have the savings to cover the home repairs and home care you may need, plan ahead to use your home as the source of funds to pay for those expenses. In my seminar this month, I discuss HELOCs (Home Equity Line of Credit) and reverse mortgages, which is really a home equity loan by another name. Both of these alternatives are designed to help you sleep better knowing that, if you need the funds to help you stay at home, you can access those funds quickly and easily.

I will turn 72 this month. I appreciate that anxieties come with getting older. We can't make those anxieties go away - they come with the territory, but we can reduce them by planning for the future. It's January. You're stuck at home anyway. So rather than worry about your future, plan for it. You'll sleep better. And the next thing you know, it will be spring.

If you want to learn more about this topic, check out my January seminar on Frank and Mary's YouTube channel, [www.youtube.com/elderlawfrankandmary](http://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 [abergeon@mirickoconnell.com](mailto:abergeon@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](http://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](http://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  
[abergeon@mirickoconnell.com](mailto:abergeon@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](http://www.mirickoconnell.com)





# JANUARY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;"><b>3</b></p> <p>9:00 Chair Yoga 10:30 Exercise w/Linda 10:30 Book Club 12:30 TED Talk (Hybrid) <b>1:00 Rubber Duckie Soap Craft</b> 2:00 Movie Matinee: <i>Always Be My Maybe</i></p>	<p style="text-align: right;"><b>4</b></p> <p>9:00 Stretch/Dr.Binh 9:30 Pottery 10:00 WOW 10:00 Zumba 10:30 French (Virtual) 11:00 Balance &amp; Flex <b>11:30 Celebrity Server</b> 12:30 Exercise/Joni 1-3 Beginner Knitting 1-3 Trivia 2:00 Tap Dance</p>	<p style="text-align: right;"><b>5</b></p> <p>9-12 Nurse Available 930-3:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 1:00-4:00 Mah Jong 1:00 Knitted hats with Jenny 1:00 COA Board Meeting</p>	<p style="text-align: right;"><b>6</b></p> <p>9:00 Quilting Group 9:30 Knitting Group 10:30 French (Virtual) 10:30-11:30 Blood Pres 1:00 Pitch <b>1:00 Memory Café</b></p>	<p style="text-align: right;"><b>7</b></p> <p><b>9:00 Vets Bkfst.</b> 10-11 Individual Legal Clinic Appts. 10-12 Sew Fun 10:00-12:00 Tech. Assistance 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virtual)</p>
<p style="text-align: right;"><b>10</b></p> <p>9:00 Chair Yoga <b>10:00-12:00 Sock Snowman Craft</b> <b>10:00-2:00 Medication Drop Off and Disposal</b> 10:30 Exercise w/Linda 12:30 TED Talk (Hybrid) 2:00 Movie Matinee: <i>The Hustle</i></p>	<p style="text-align: right;"><b>11</b></p> <p>9:00 Stretch/Dr.Binh 9:30 Pottery 10:00 WOW 10:00 Plan B 10:00 Zumba 10:30 French (Virtual) 11:00 Balance &amp; Flex 12:30 Exercise/Joni 1-3 Beginner Knitting 1-3 Trivia 2:00 Tap Dance</p>	<p style="text-align: right;"><b>12</b></p> <p>9-12 Nurse Available 9:30-3:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 1:00-4:00 Mah Jong 1:00 Knitted hats with Jenny</p>	<p style="text-align: right;"><b>13</b></p> <p>9:00 Quilting Group 9:30 Knitting Group <b>10:00 TRIP: Worcester Art Museum</b> 10:30 French (Virtual) 10:30-11:30 Blood Pres <b>11:30 Birthday Lunch</b> 1:00 Pitch</p>	<p style="text-align: right;"><b>14</b></p> <p>9:15 Zumba <b>10:00 KEEPMOVIN</b> 10-12 Sew Fun 10:00-12:00 Tech. Assistance 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virtual)</p>
<div style="text-align: center;">  <p><b>Closed today</b></p> </div> <p style="text-align: right;"><b>17</b></p>	<p style="text-align: right;"><b>18</b></p> <p>9:00 Stretch/Dr.Binh 9:30 Pottery 10:00 WOW 10:00 Zumba 10:30 French (Virtual) 11:00 Balance &amp; Flex 12:30 Exercise/Joni 1-3 Beginner Knitting 1:00 Declutter with Julia 1-3 Trivia 2:00 Tap Dance</p>	<p style="text-align: right;"><b>19</b></p> <p>9-12 Nurse Available 9:30-3:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:30 Caregiver Support <b>1:00 American Art Explored</b> 1:00-4:00 Mah Jong 1:00 Knitted hats with Jenny</p>	<p style="text-align: right;"><b>20</b></p> <p>9:00 Quilting Group 9:30 Knitting Group 10:30 French (Virtual) 10:30-11:30 Blood Pres 12:30 Hearing Aid Cleaning 1:00 Pitch <b>3:00 TRIP: Wrights Chicken Farm</b></p>	<p style="text-align: right;"><b>21</b></p> <p>9:00 Walking Group <b>9:00-11:30 Vets Agent</b> 9:15 Zumba 10-12 Sew Fun 10:00-12:00 Tech. Assistance 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virtual)</p>
<p style="text-align: right;"><b>24</b></p> <p>9:00 Chair Yoga 10:00 Friends Meeting 10:30 Exercise w/Linda 12:30 TED Talk (Hybrid) 2:00 Movie Matinee: <i>Jane Austen Book Club</i></p>	<p style="text-align: right;"><b>25</b></p> <p>9:00 Stretch/Dr.Binh 9:30 Pottery 10:00 WOW 10:00 Zumba 10:00 Friends Meeting 10:30 French (Virtual) 11:00 Balance &amp; Flex 12:30 Exercise/Joni 1-3 Beginner Knitting 1-3 Trivia 2:00 Tap Dance</p>	<p style="text-align: right;"><b>26</b></p> <p>9-12 Nurse Available 9:30-3:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat <b>1:00- Stocking the Pantry for the Winter</b> 1:00-4:00 Mah Jong 1:00 Knitted hats with Jenny <b>2:30 Machu Picchu: Past and Present (Virtual)</b></p>	<p style="text-align: right;"><b>27</b></p> <p>9:00 Quilting Group 9:30 Knitting Group <b>10:00 Cultural Conversations: Experience China</b> 10:30 French (Virtual) 10:30-11:30 Blood Pres 1:00 Pitch</p>	<p style="text-align: right;"><b>28</b></p> <p>9:00 Walking Group 9:15 Zumba 10-12 Sew Fun 10:00-12:00 Tech. Assistance <b>10:00 KEEPMOVIN</b> 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virtual) 12:00 Meditation</p>
<p style="text-align: right;"><b>31</b></p> <p>9:00 Chair Yoga 10:30 Exercise w/Linda 12:30 TED Talk (Hybrid) 2:00 Movie Matinee: <i>Judy</i></p>	<div style="font-size: 4em; font-weight: bold; color: #006400; text-shadow: 2px 2px 0px #006400;">#KEEPMOVIN</div>			



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## FRIENDS OF THE HOPKINTON SENIORS, INC.

(a 501c3 organization)

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

\*\*January Meeting is scheduled for Monday, January 24th\*\*

**Thrift Shop Hours: M-Th. 9:00am to 3:00pm and Fri. 10:00am to 1:00pm**

**Bottle & Can Drive:** A receptacle is available by the staff entrance near the garage. Please don't bring them to the front door. Redeemables can be brought to the Hopkinton Recycling Center on the 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 - Marion Intinarelli, Secretary - Dolores Ivester, Treasurer

**Directors:** Mary McLeod - Juliet Smith - Gail Tonelli (Thrift Shop Coordinator) - Sheila Frackleton - Elizabeth Swenson - Judy Caplan

## JANUARY MOVIE MATINEES



Winter can be a tough time to find things to do to get you out of the house! Join us Monday afternoon at 2pm all month long for a mid-day movie. Complete with some delicious hot cocoa and popcorn!

**Monday, Jan. 3rd: Always Be My Maybe:** (1hr. 41 min)

Everyone assumed that Sasha (Ali Wong) and Marcus (Randall Park) would wind up together, except for Sasha and Marcus. Reconnecting after 15 years, the two start to wonder --maybe?

**Monday, Jan. 10th: The Hustle :** (1hr. 33 min)

Two con women (Anne Hathaway and Rebel Wilson) - one low rent and the other high class - team up to take down the men who have wronged them.

**Monday, Jan. 24th: The Jane Austen Book Club**

(1hr. 46 min) Six Californians start a club to discuss the works of Jane Austen, only to find their relationships -- both old and new -- begin to resemble 21st century versions of her novels. Starring Emily Blunt, Hugh Dancy, Kathy Baker

**Monday, Jan. 24th: Judy:** (1hr. 58 min) Legendary performer Judy Garland (Renee Zellweger) arrives in London in the winter of 1968 to perform a series of sold-out concerts.

### January

*Reflection by Mary McLeod*

*A new year brings  
a new road to walk. Stay positive!*

## VOLUNTEER OPPORTUNITIES

First of all, a huge thank you to all of the volunteers that came forward over the last month to help out in our greenhouses! We asked, and you certainly answered the call.

We are now looking for volunteers to help, specifically, in the outdoor vegetable garden. Every year the Senior Center uses the vegetables from this garden in the meals served daily in our lunch program.

We know it's still winter, but we're always working on planning ahead. If you love to get your hands dirty this might be the perfect opportunity for you!

Please stop by the Senior Center (28 Mayhew Street) or contact Sue Stewart, our Volunteer Coordinator. Call her at 508-497-9730 ext. 1618 or email her at [sstewart@hopkintonma.gov](mailto:ssstewart@hopkintonma.gov) for more info!



### January Senior View "The Book Club"

**Guest: Mary Arnaut**

**Host: Mary McLeod**

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

Senior View is shown on local cable HCAM TV Mondays: 6:30 pm, Wednesdays: 5:30 pm, and Thursdays: 11:00 am

### KEEPMOVIN w/ Hopkinton Senior Center

*Hosted by Director, Amy Beck, and Assistant Director, Jessica Migneault*

Tune in the 2nd and 4th Friday of the month at 10am to stay up-to-date with what's happening!

**Available on HCAM cable channels and YouTube.**



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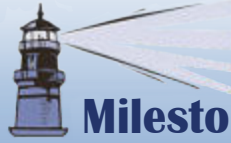


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### VETERANS CORNER

#### HOPKINTON VETERANS BREAKFAST



January 7 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.

January 7 - Sponsored by Metrowest Veterans Services



#### Veterans Services Department At the Hopkinton Senior Center

Agent Hours are: 9am-11:30am Fridays on:  
January 21st

Director and Veterans Agent, Sarah Bateman  
Email: sbateman@metrowestvets.com  
Central Office: 508-429-0629

### MEDICARE UPDATES

#### Can I Still Change My Medicare Plan?

Even though Medicare's Open Enrollment Period in the Fall has ended, you *may* still be able to change plans during 2022. To learn more about qualifying reasons to change plans, or to discuss your situation, please make a SHINE phone appointment. SHINE counselors are available year-round to assist Medicare beneficiaries and SHINE counseling is available free of charge.



Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options.

To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, 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.

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