

# The **HILLTOPPER**

*Hopkinton's Hub for Boomers and Beyond*



## February 2022

### Hopkinton Senior Center

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### **ART APPRECIATION: FAMOUS IMPRESSIONS**

**Thursday, February 10th at 1:00pm**

Join us as we discuss some of the world's most famous Impressionist artists including Monet, Renoir, and Degas. Follow as we go exploring through what they believed, how they worked, and how their creations stirred the art world, inspiring so many artists and individuals who followed - especially the Post-Impressionists.



*Please call the Senior Center to pre-register for this program.*

**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  
**Dawn Duplessis, Admin Assistant**.....1614  
**Kim Carson, Outreach Coord**.....1615  
**Julia Schneiderman, Outreach Coord** .....1616  
**Susan Stewart, Volunteer Coord**.....1618  
**Lisa Deneen, Receptionist**.....1619  
**Louis Mongiat, Bus Driver**  
**Karen Coopriider, 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!*

LGBTQ + friendly



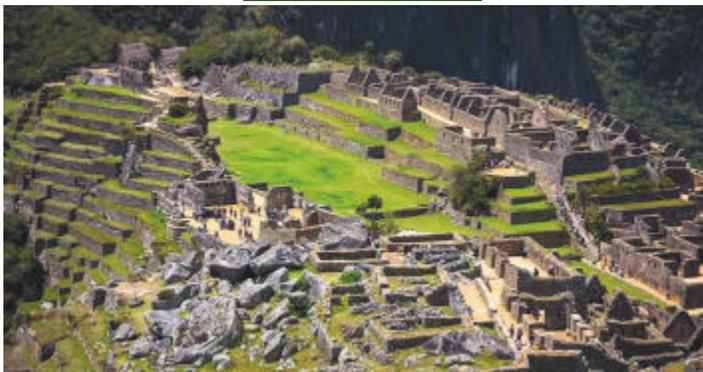
"Hopkinton Senior Center"

### **CULTURAL CONVERSATIONS:**

**Easter Island: Myth & Reality**

**Tuesday, February 22nd at 2:00pm**

Virtual Program



One of the most isolated islands in the world, full of enigmas and mysteries. We invite you to discover the secrets of its famous statues and the people that carved them. Join us on a journey through the history of this island and the rich culture that developed in isolation. Call to sign up for the link.

### **COUNCIL ON AGING BOARD**

<b>Don Wolf, Chairman</b>	<b>Donna Deneen</b>
<b>Jack Palitsch, Treasurer</b>	<b>Gale Levine</b>
<b>Nancy Drawe, Secretary</b>	<b>Pat Srodawa</b>
<b>Sam Dockneovich</b>	<b>Sue Pearson</b>
<b>Sandra Story</b>	

Upcoming board meetings:  
Feb. 2nd and March 2nd at 1:00pm

### *A Letter from the Director*

Every year in February there is a date set aside to celebrate and honor those we love and care for and about. Instead of thinking of it as only a day I suggest we use the whole month to stay in touch with our friends, family and loved ones. I know the past few years have made it difficult to get together with those we love but sending heartfelt messages of support, encouragement and love or making a call are as important as the ability to get together. I know some people who will make calls during the holidays instead of sending a card as a means of connecting with those they care about. In whatever form it takes, I hope you all will be able to connect with your loved ones near and far this month.

As we continue to navigate Covid, I urge you to continue to #KeepMovin either by attending in-person programs or virtually. Our bodies and our minds need to be stretched, challenged, and moved in order to stay strong and healthy. We hope that our ability to meet in person in the coming months will continue, but if we do need to change our methods of connection, know that we will do everything we can to stay in touch with you and help you navigate any changes to our operations.

Please note that every effort is made during the writing and production of our newsletter to ensure the accuracy of the information in it. There are times when we inadvertently leave something out or make an error. There are also times when the information has changed from the time we go to print until the newsletter gets in your hands. Please always feel free to contact the Senior Center if you have any questions regarding a program.

Also, please remember that pre-registering for events makes it easier for us to notify you when changes occur.

# KeepMovin this month and always!

*Amy Beck*, Director

### SENIOR CENTER UPDATES:

#### COMPUTER LAB CLOSED ON TUESDAYS

The computer lab will be closed every Tuesday during February and March.

#### WINTER WEATHER POLICY

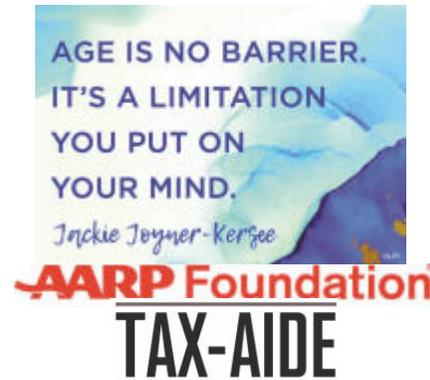
The Senior Center is closed to the public if Hopkinton Schools are closed due to inclement weather. Watch the news for school closings, give us a call, or check our Facebook page for closing updates. Transportation assistance may also be impacted by inclement weather.

### FREE FITNESS CLASSES CONTINUE THROUGH FEBRUARY



Through generous support from the Friends of Hopkinton Senior Citizens, Inc. we are continuing to offer all of our fitness classes for free.

February is heart Health Month, and a major piece of heart health is maintaining a regular exercise schedule. We've got something for everyone; from slow, breath-focused stretch classes to fast-paced movement and dance classes. Check out the full listing of exercise classes on page 7 of the Hilltopper.



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 you bring all required tax info and paperwork to your appointment.

Call the Senior Center for more information about how to sign up for an appointment.

### JIGSAW PUZZLE SWAP

Monday, February 7th

Stop in anytime between 12:30– 4

Looking for new ways to stay busy this winter while your at home? Or are you already an avid puzzler? Either way, we've got you covered; stop in to our jigsaw puzzle swap!



Buying new puzzles can get expensive, and doing the same puzzle over and over isn't always very fun. Come borrow one of our puzzles or swap out an old puzzle you have for one from our collection. What a great way to keep your mind sharp and your wallet happy.

## THOUGHTS ABOUT ENGAGING VIRTUALLY

Connection and a sense of community can be critical to well-being as people continue to distance and isolate. It can be challenging, but there are ways to engage, explore and unwind.

There is no one-size-fits-all solution, so choose a few that suit you and commit to them. Remember to pay attention to your social and mental health while taking care of your physical health and consider these ideas.

### Connect

- \* Use social media to stay in touch with friends and loved ones or reconnect with people you haven't seen in a while.
- \* Take advantage of video call platforms to see faces of family and friends while you talk to them.
- \* Write letters to friends and reminisce about some of your favorite memories. Ask them to write back and share their own favorite memories.



### Explore

- \* Take free courses online. With subjects ranging from computers and cooking to studio arts and foreign languages, there is something for nearly everyone.
- \* Explore zoos and aquariums across the country through virtual tours and lessons. Many have live webcams that allow you to watch the animals in real time.
- \* Enjoy artwork from around the world. Thousands of museums and galleries are currently displaying their collections online through virtual tours.
- \* Tour one of the many national parks offering digital tours and experiences you can access anytime from the comfort of home.

### Unwind

- \* Check your library's free e-books and audiobooks you can borrow without leaving home. Consider joining a virtual book club to connect with others enjoying the same book.
- \* Host dinner or a game night with friends over a video chat. Word, trivia and acting games tend to work well virtually.
- \* Catch free performances online. Some opera houses and theaters are streaming plays and performances for digital audiences.
- \* Watch a TV show or movie while talking to a friend on the phone or over video chat. Many streaming services offer free trials and some even have a way to watch together online.

*(Courtesy of Family Features; Source: Administration for Community Living)*

## 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. New participants are always welcome!

### 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.



### 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.



### BLOOD PRESSURE CHECKS

Every Thursday we have volunteers that offer free blood pressure checks from 10:30-11:30. No appointment is needed, just stop in.



### 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 and regular bus transportation are weather dependent and may be modified or cancelled.\*\***

### Solomon Pond Movies, Mall Walking and Shopping

*Monday, February 7th Depart at 10am*

*Estimated Return Time 3:30pm*

Grab lunch at the mall then enjoy your choice of a movie or strolling through the mall to do some shopping.

*\*Movie options will be listed at the Senior Center closer to the trip date.\**

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

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

*Wednesday, February 23rd Depart at 10am*

*Estimated Return Time 3:30pm*

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**

*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.*

## 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.

## 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.

### 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.

### BayPath's Money Management Program

This free program pairs seniors and individuals with disabilities who have difficulty managing day-to-day finances with volunteers who can assist. Clients benefit from free assistance with bill-paying, budgeting, reading mail, advocating with service providers...and more. Certain income guidelines may apply to qualify.

With the support of BayPath's Money Management volunteers, elders receive the targeted help they need for improved stability and prolonged independence. 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.

### **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.

## FEELING CRAFTY

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



### Assorted Valentines Crafts

Monday, February 7th 10am-12pm

Choose 1 or 2 of your favorite craft ideas from a variety of different valentine themed projects available. Make your own valentine card, decorate a candle, decoupage plate, sweetheart candy holders, or one of our other lovely home decorations. All skill levels welcome.

### Rubber Duckie Soap Class

Monday, February 14th at 1pm

*\*Rescheduled from last 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.

**Pre-registration is required for this program to ensure enough materials.**



### How to Create A Knitted Hat for Beginners

Wednesdays: 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! This a great project for beginner crafters.

*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.

# Looking for...



## CAREGIVER SUPPORT GROUP

*\*In-person support meetings have been suspended at this time for health and safety reasons\**

**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, February 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 and Third Tuesday's at 1pm**

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.

## BAYPATH PATHWAYS VIRTUAL COFFEE HOUR

**1st, 2nd, and 4th Tuesday's 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)**



## LEGAL ADVICE

**Friday, February 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.

## February 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 seating's:  
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 US ABOUT OUR MEAL DEAL: 5 FOR \$20 OR 10 FOR \$40  
What a deal! Thanks to the *Friends of the Hopkinton Senior Citizens, Inc.* for**

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>				
	1 Chicken Marsala	2 Meatloaf	3 Garden Club Chicken	4 Honey Garlic Shrimp
7 Baked Stuffed Shells	8 Roast Turkey	9 Taco Bowl	10 Chicken Pot Pie	11 Tilapia
14 Chicken Cordon Bleu	15 Spaghetti and Meatballs	16 Mustard Crusted Pork Loin	17 Chicken Biryani	18 Zahra's Chili
21 CLOSED	22 Seafood Stuffed Haddock	23 Burger Day (plenty of options)	24 Chicken Skewers with Rice	25 Baked Salmon
28 Roast Beef	<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 are always welcoming new participants so don't hesitate to pop in and check us out! Our next meeting is Monday, February 7th!

**This month we're reading: "Moby Dick" by Herman Melville**

**March 7: Reader's Choice**



**HOPKINTON SENIOR CENTER (HSC)  
APPAREL ON SALE - DON'T MISS OUT!  
The online store will open February 7th thru  
February 21th**

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  
**[hscapparel2022.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 February thanks so generous support from the Friends of Hopkinton Seniors. 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 Bellefueille

**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 Bellefueille

**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**

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

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

Monday thru Thursday 10-12

**HOME Computer and technology assistance (Virtual)**

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

**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 – (Feb. 10, 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.

### MOVING

Moving. A word that brings fear to the hearts of most seniors. You've been in your home forever, but either you can't manage it any more or you really don't want to. While every situation is different, here is some general advice that may help:

- **PLAN EARLY TO AVOID RUSHED DECISIONS.** All the reasons you were thinking of moving in the first place (mainly, health reasons connected with your age) are only going to get worse over time. Don't wait until the fall or the broken hip before you decide it's time to move. Figure out your options now while you still have more choices.
- **CONSULT PROFESSIONALS.** Ideally, there is a geriatric care manager near you who can meet with you, help you assess your current situation, and suggest whether there are things you can do (home modifications, caregiver programs) that can help you stay in your house safely for a while longer. If you need to move, they can also give you options for the best places to consider for your current situation. I often also refer my clients to the local ASAPs, Baypath Elder Services (Metrowest) or Elder Services of Cape Cod and the Islands (Martha's Vineyard and Nantucket) for additional guidance. Of course, the best place to start is probably your senior center.
- **FIGURE OUT THE COST - YOU MAY BE SURPRISED.** I can give you countless stories of clients who remained as is in their home because they assumed they could not afford to make the necessary home modifications or were convinced they could not afford to move. The cost of moving to an assisted living community may look really high until you compare it to the taxes, insurance, house maintenance, and food bills that you will be leaving behind. So actually do the numbers. The professionals to whom I referred above can help you do this.
- **DON'T RELY ON THE ADVICE YOU GOT AT DUNKIN' DONUTS.** Friends and even family members may have gone through this, but their experience and knowledge of the real range of options will always be more limited than that of the professionals who actually help people with these issues for a living.

The bottom line, though, is simple. If you're worried about this, learn more and then do something.

If you want to learn more about this topic, check out my February seminar on Frank and Mary's YouTube channel, [www.youtube.com/elderlawfrankandmary](http://www.youtube.com/elderlawfrankandmary), and on your local cable station, WACA-TV (Comcast Channel 8; Verizon Channel 39), along with Frank and Mary in Ashland, where my co-host, Steve Mitchell and I address many common issues facing seniors and the resources available during the pandemic.

*\*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

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Darcy Repucci, MS,CCC-A

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## 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](mailto:abergeron@mirickoconnell.com)



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



Follow our Blog:  
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in a Row"

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Excellence in value.

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



# FEBRUARY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>#KEEPMOVIN</b></p>	<p>9:00 Stretch/Dr.Binh <b>1</b>            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            1:00 Declutter with Julia            2:00 Tap Dance</p>	<p><b>2</b>            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            1:00 COA Board Meeting</p>	<p><b>3</b>            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><b>4</b>  <b>9:00 Vets Bkfst.</b>            10-11 Individual Legal Clinic Appts.            10-12 Sew Fun            10:00-12:00 Tech. Assistance (Virtual)            10:30 Chi Gong            10:30 Walking Group            10:30 Caregiver Support (Virtual)</p>
<p>9:00 Chair Yoga <b>7</b>  <b>10:00 Valentines Crafts</b>  <b>10:00 TRIP: Solomon Pond Mall and Movies</b>            10:30 Exercise w/Linda            10:30 Book Club            12:30 TED Talk (Hybrid)  <b>12:30 Puzzle Swap</b>            2:00 Movie Matinee: <i>The Blind Side</i></p>	<p>9:00 Stretch/Dr.Binh <b>8</b>            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            2:00 Tap Dance</p>	<p><b>9</b>            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><b>10</b>            9:00 Quilting Group            9:30 Knitting Group            10:30 French (Virtual)            10:30-11:30 Blood Pres  <b>11:30 Birthday Lunch</b>            1:00 Pitch  <b>1:00 Art Appreciation-Famous Impressions</b></p>	<p><b>11</b>            9:15 Zumba  <b>10:00 KEEPMOVIN</b>            10-12 Sew Fun            10:00-12:00 Tech. Assistance (Virtual)            10:30 Chi Gong            10:30 Walking Group            10:30 Caregiver Support (Virtual)            12:00 Meditation</p>
<p><b>14</b>            9:00 Chair Yoga            10:30 Exercise w/Linda            12:30 TED Talk (Hybrid)  <b>1:00 Rubber Duck Soap Class</b>            2:00 Movie Matinee: <i>Murder on the Orient Express</i></p>	<p>9:00 Stretch/Dr.Binh <b>15</b>            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            2:00 Tap Dance</p>	<p><b>16</b>            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><b>17</b>            9:00 Quilting Group            9:30 Knitting Group            10:30 French (Virtual)            10:30-11:30 Blood Pres            1:00 Pitch</p>	<p><b>18</b>  <b>9:00-11:30 Vets Agent</b>            9:15 Zumba            10-12 Sew Fun            10:00-12:00 Tech. Assistance (Virtual)            10:30 Chi Gong            10:30 Walking Group            10:30 Caregiver Support (Virtual)</p>
<p><b>21</b>    <b>Closed today</b></p>	<p>9:00 Stretch/Dr.Binh <b>22</b>            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            2:00 Tap Dance  <b>2:00 Cultural Conversations: Easter Island (Virtual)</b></p>	<p><b>23</b>            9-12 Nurse Available            9:30-3:30 Hair Appt.            9:30 Tai Chi            10:00 Coffee Chat  <b>10:00 TRIP: Worcester Art Museum</b>            1:00-4:00 Mah Jong            1:00 Knitted hats with Jenny</p>	<p><b>24</b>            9:00 Quilting Group            9:30 Knitting Group            10:30 French (Virtual)            10:30-11:30 Blood Pres            1:00 Pitch</p>	<p><b>25</b>            9:15 Zumba            10-12 Sew Fun            10:00-12:00 Tech. Assistance (Virtual)  <b>10:00 KEEPMOVIN</b>            10:30 Chi Gong            10:30 Walking Group            10:30 Caregiver Support (Virtual)            12:00 Meditation</p>
<p><b>28</b>            9:00 Chair Yoga  <b>10:00 Friends Meeting</b>            10:30 Exercise w/Linda            12:30 TED Talk (Hybrid)            2:00 Movie Matinee: <i>Going in Style</i></p>				



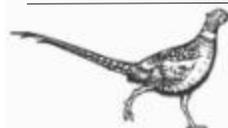
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## FRIENDS OF THE HOPKINTON SENIORS, INC.

(a 501c3 organization)

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

\*\*February Meeting is scheduled for Monday, February 28th\*\*

**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 - Mary McLeod, Vice-President - Marion Intinarelli, Secretary - Dolores Ivester, Treasurer  
**Directors:** Juliet Smith - Sheila Frackleton - Elizabeth Swenson - Judy Caplan - Linda Kimball

## FEBRUARY 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, Feb. 7th: The Blind Side:** (2hr. 9 min) The story of Michael Oher (Quinton Aaron) a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family (Sandra Bullock and Tim McGraw).

**Monday, Feb. 14th: Murder on the Orient Express:** (1hr. 54 min) When a murder occurs on the train on which he's travelling, celebrated detective Hercule Poirot is recruited to solve the case. Featuring an all-star cast of Kenneth Branagh, Penélope Cruz, Willem Dafoe, Judi Dench, Johnny Depp, and Josh Gad.

**Monday, Feb. 28th: Going In Style:** (1hr. 46 min) Desperate to pay the bills and come through for their loved ones, three lifelong pals (Morgan Freeman, Michael Caine, and Alan Arkin) risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

### February

*Reflection by Mary McLeod*

Love and caring for others is the true meaning of "Valentine's Day."



### VOLUNTEERS NEEDED!

Without our amazing volunteers we wouldn't be able to do it! We are so grateful to see so many familiar faces coming in the doors of the Senior Center and were just as excited to see some new faces too!

We are always looking for new volunteers interested in facilitating programs or helping out as greeters, dining room staff, front desk help, in the thrift shop or elsewhere around the center.

It's your choice to volunteer once a month, weekly 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 our Volunteer Coordinator at 508-497-9730 ext. 1618 or email, [sstewart@hopkintonma.gov](mailto:ssewart@hopkintonma.gov).



### February Senior View "Stories of The Town Common"

**Guests:** Gail Clifford and John Palmer

**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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### VETERANS CORNER

## HOPKINTON VETERANS BREAKFAST



February 4 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.

February 4 - Sponsored by Fairview Estates  
March 4 - Sponsored by Metrowest Veterans Services



### Veterans Services Department At the Hopkinton Senior Center

Agent Hours are: 9am-11:30am Friday on:  
February 18th

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

### MEDICARE UPDATES

*Become a volunteer SHINE counselor*



Like to help people? Do you like technical information? Have some spare time? If so, you may be the perfect SHINE volunteer. It's also a plus if you speak multiple languages.

SHINE volunteers offer free, confidential counseling on Medicare options to beneficiaries and their families. If you become a certified counselor, we are sure that you will find SHINE a rewarding as well as a challenging volunteer experience.

To volunteer, you must participate in a 10-day training and pass a state certification test. There are also monthly meetings where you can connect with your fellow SHINE counselors. If you are interested in training this year, please contact us at [metrowestshine@needhamma.gov](mailto:metrowestshine@needhamma.gov) or 781-453-8076 by the end of February.

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