

The **HILLTOPPER**

Hopkinton's Hub for Boomers and Beyond



March 2022

Hopkinton Senior Center

ART APPRECIATION: LANDSCAPES OLD AND NEW

Thursday, March 10 from 1-2:00pm

Cost \$3.00

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Programs are for people of all backgrounds – artists and non-artists alike.

The featured topic, Landscapes Old and New, explores the genre of landscape painting as it has changed over time. This selection showcases a variety of cultures and time periods, offering an opportunity to experience artists' diverse and powerful decisions - some subtle, some bold - as they portray Europe, Asia and America.

Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!

CULTURAL CONVERSATIONS:

South Africa - A Beautiful Mix - Virtual Experience

Wednesday, March 16 from 12:30-2pm



Tour Guide Deon Kitching started Embrace South Africa Tours 18 years ago to enrich people's lives through authentic opportunities to connect with the diversity of the South African culture and discover the immense beauty of the country.

Join him on a live, authentic South African virtual tour including highlights from Cape Town, Table Mountain, the penguin colony at Boulders Simon's Town, Cape Point Nature Reserve, Robben Island (where Nelson Mandela was imprisoned for 18 years), and so much more. This program is virtual so you can join in from home. We will also be showing the tour on screen at the Senior Center for those who wish to participate. Please call for a Zoom link.

What's Inside

2. Director's Message/Tax Updates
3. Programs/Health & Wellness
4. Transportation and Outreach
5. Crafts and Supportive Programs
6. Lunch Menu/Book Club/Merch
7. Regular Programs List
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9. March Calendar
10. Friends/Movies/Volunteering
11. Newsletter Sponsors
12. Medicare/SHINE/Veterans

8:30am - 4:00pm Monday - Thursday

8:30am - 2:00pm Friday

28 Mayhew Street

Hopkinton, MA 01748

(508) 497-9730

www.hopkintonseiorcenter.com

**PLEASE CALL IF YOU HAVE ANY
QUESTIONS**

STAFF

Ext.

Amy Beck, Director.....1613
 Jessica Migneault, Assistant Director1617
 Dawn Duplessis, Admin Assistant.....1614
 Kim Carson, Outreach Coord.....1615
 Julia Schneiderman, Outreach Coord1616
 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!



"Hopkinton Senior Center"

LGBTQ + friendly



COUNCIL ON AGING BOARD

Don Wolf, Chairman
Jack Palitsch, Treasurer
Nancy Drawe, Secretary
Sam Docknevech
Sandra Story

Donna Deneen
Gale Levine
Pat Srodawa
Sue Pearson

Upcoming board meetings:
March 2nd and April 6th at 1:00pm

A Letter from the Director

"We love March because spring is "almost" in the air!" I think that sentiment, which made me laugh when I read it, sums it up perfectly. While there are many reasons to love March, the fact that spring is almost here tops it all! Hopefully this spring will bring with it not only warmer temperatures and sunnier days but also the opening up of more activities that we look forward to after a long winter.

At the Senior Center we are excited to be fully staffed with the arrival of Dawn Duplessis as our new Administrative Assistant. Dawn has jumped right into the role and we are excited to see the new ideas she will bring to the Senior Center and our work here. Dawn has many years of experience as an Administrative Assistant and has a strong marketing background that we are looking forward to utilizing as we refresh the look of our flyers, posters and media outreach. Please make sure to introduce yourself to her when you see her - she is excited to meet all of you!

Those who are in here every week have noticed that occasionally we have "special events" pop up, like our "Mail a Card to a Friend" that we did in February. To say you will never know what you are missing when you don't walk through our doors is an understatement. With the warmer weather we hope you get a chance to either drop by or come to lunch at the Senior Center and enjoy our regularly scheduled and "surprise" events!

We are looking forward to our annual St Patrick's Day party at the Senior Center on Thursday, March 17. The Friends of Hopkinton Seniors are sponsoring this event fully. All you need to do is sign up by calling the Senior Center by March 9. We are looking forward to seeing you!

Hoping for an early spring so that you can #KeepMovin.

Amy Beck, Director

SENIOR CENTER UPDATES:

COMPUTER LAB CLOSED ON TUESDAYS

The computer lab will be closed every Tuesday during 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.

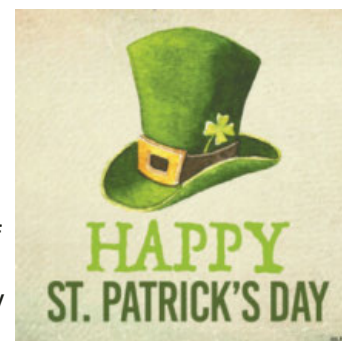
St. Paddy's Day Party

**Thursday, March 17
from 12:00-1:30PM**

Join us for a traditional Saint Patrick's Day lunch of corned beef and cabbage. Music and entertainment by the Black Velvet Band, Boston's premier Irish show and dance band. Their huge repertoire boasts a large and diverse collection of well-known, easy-listening ballads, lively pub songs, feisty rebel tunes, sing-alongs, oldies, rock classics, and contemporary songs, so there's sure to be something for everyone.

No regular lunch program. Space is limited. **You Must Sign Up by March 9.**

The Friends of Hopkinton Seniors are sponsoring this event fully.



AARP Foundation TAX-AIDE

Every Tuesday- February 1 thru March 29

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.

Appointments are filling up quickly so call the Senior Center to sign up for an appointment.

Justice of District Court, Honorable James M. Murphy

Wednesday, March 30th at 1pm - **Virtual Program**
March is National Judicial Outreach Month. Annually, in Massachusetts, the Trial Court's outreach efforts include engaging with communities across the Commonwealth about the importance of an impartial and independent judiciary governed by the Rule of Law.

We are thrilled to (virtually) welcome the Hon. James M. Murphy for an insightful discussion. Pre-registration is required for a Zoom link.

Musical Baseball Show

Thursday, March 24 at 1pm

Performing a unique, interactive and highly entertaining program, local singer-songwriter (and former sportswriter) Howie Newman will sing baseball songs, offer up baseball trivia and tell stories about his days as a sportswriter on the Red Sox beat. Howie covered baseball for the Patriot Ledger, Lowell Sun, Boston Globe and Lynn Item as well as several other newspapers and magazines.



For three years, he provided color commentary for the Lowell Spinners, a Red Sox farm team, on WCAP radio.

Howie will display his personal memorabilia and have a few door prizes available.

This program is sponsored by a grant from the Hopkinton Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

HEALTH AND WELLNESS

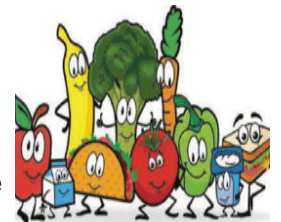
WEIGHT OFF WISELY (W.O.W.)

Tuesdays, at 10am

The Weight off Wisely group is meeting again. If you would like to join us, please come Tuesday mornings. We meet at the Senior Center from 10-11am where we weigh-in, share camaraderie, recipes, challenges and successes. 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!

ONE-ON-ONE NUTRITION APPOINTMENTS

If you have nutrition concerns or questions, and would like to talk to someone, please call Traci Robidoux at 508-573-7258 and leave a voicemail requesting a call back. Traci will be happy to set up a Zoom meeting or phone consultation with you.



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. Call to book an appointment. All appointments are virtual or by phone.

BLOOD PRESSURE CHECKS

Every Thursday we have volunteers that offer free blood pressure checks from 10:30am-11:30am. No appointment is needed, just stop in. The blood pressure checks are performed as an auxiliary "volunteer" service and should be considered what is referred to as "Self-Measured Blood Pressure Monitoring" -- **not a clinic** -- and all questions/concerns regarding your blood pressure check results should be directed to your own medical providers.



BLOOD PRESSURE SCREENINGS

Hearing Aid Cleaning Thursday, March 24th at 12:30pm



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

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.



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

DAY TRIPS

All trips and regular bus transportation are weather dependent and may be modified or cancelled.

Sturbridge Marketplace and Sturbridge Antique

Shop: Friday, March 4th

Leave at 10am Return approx. 3pm

Cost: \$3 (Lunch not included in cost)

We'll stop first at Sturbridge Marketplace which hosts a couple of fun flea market shops. While there grab lunch on your own at Soup to Nuts cafe, before heading out to Sturbridge Antique Shops to shop their collection of 80 plus antique dealers.

New Bedford Whaling Museum: Friday, March 18th

Leave at 8:30 Return at 3pm Lunch at Fathom's

Cost: \$20 (Lunch not included in cost)

Ichigo Ichie Hibachi Lunch: Monday, March 28th

Leave at 11:30 Return at 2:30

Cost: \$25

Includes your choice of hibachi lunch

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 household with their application for the home heating/fuel assistance program through SMOC (South Middlesex Opportunity Council). The program is available to all households in Hopkinton if the total household income falls within their guidelines. Heating with natural gas, oil, propane, electricity, wood, coal, pellets, or individuals whose heat is included in their rent are all potentially eligible for assistance. Outreach Coordinators, Kim and Julia, can help you figure out if you may qualify. A household of one qualifies at \$39,105; a home of two, \$51,137; etc. No walk-in's accepted; appointments are required to assist applicants. Please call the Center at 508-497-9730 to learn more.

Tax Assistance Programs

Did you know Hopkinton has multiple tax assistance programs that you may qualify for?

Figuring out what programs are available, how to complete an application, or knowing what paperwork you will need can be very overwhelming. Help is on the way! Reach out to our Outreach Coordinators - Kim and Julia, or contact the Treasurer/Collectors Office at Town Hall to help you understand what you may be eligible to receive or to assist you with your application.

BUS SCHEDULE

Monday - NO Bus Transportation

Tuesday through Friday

9:00-3:00 Transportation to and from the Senior Center for activities is available

Tuesday

9:00-3:00 Local errands (open for your requests, ex. Post Office, Library, etc.)

Wednesday

9:00 - 12:30 Local errands (open for your requests)

12:45 - 3:00 Shopping (Walmart or similar)

Thursday

9:00 - 12:30 Local errands (open for your requests)

12:30-3:00 Market Basket - Bellingham

Friday

9:00 -12:30 Local errands (open for your requests)

1:00 - 2:00 Price Chopper

Early Reservations requested for all rides.

Suggested ride donation (unless otherwise stated)

\$1 Round trip within Hopkinton

\$3 Round trip outside of Hopkinton

NOTE: Mask wearing is required for all passengers and drivers.

Dial-a-Ride

Did you know Hopkinton has curb to curb bus transportation Monday through Friday with Dial-a-Ride? This is a great low-cost opportunity to run errands or go to appointments in the towns of Hopkinton, Ashland, Marlborough, Southborough and Wayland. You can travel to medical appointments in extended service areas such as Framingham, Milford, Boston and Worcester. Dial a ride is run by the MWRTA for residents of Hopkinton aged 65 years and older, or under 65 years of age with a disability. You will need to schedule the ride two business days in advance. Currently the MWRTA is not charging a fee which is subject to change.

The Senior Center's Outreach Coordinators can assist you in completing the application and answer any general questions. Please contact Outreach to take advantage of this wonderful transportation service.

FEELING CRAFTY

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

Craft Corner with Deb Fortune Cookies and Flower Pot Crafts

Monday, March 14, 9:30-11:30am
Get ready for the warm weather with these decorated springtime flower pots. Come make your own fortune... or at least learn to make your own fortune non-edible cookie. No crafting experience needed.



NEW: Beginner Pottery Classes

Cost: \$5.00 per class
Tuesday afternoons beginning March 15 1-2:30
Explore the medium of clay to make your own creations. Learn techniques like coil, slab, or wheel throwing. The class is limited to 10 participants.

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, if you're stuck on a project or want to share pattern ideas.

Sew Fun Fridays

Fridays: 10am-12pm
Want to sew with friends? Bring a project you're already working on or come and learn the basics of how to sew during open sew.

Beginner Loom Weaving

Cost: \$5 per class
Mondays 1-3pm Starting March 14
Come learn the basics of rigid heddle loom weaving and make your very own scarf. Materials will be provided. This project will take 4-5 classes to complete. No experience needed. Space is limited.

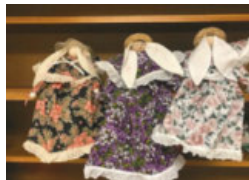


Celebrate National Crayon Day with Us!

Thursday, March 31, 1-3pm
Coloring has been shown to decrease both stress and anxiety in adults. National Crayon Day gives us the perfect chance to test this out! We have a variety of coloring books you can choose from or bring your own and join us for an afternoon of this relaxing and stress-reducing activity.

Shelf Bunnies

Monday, April 4, 9:30-11:30
Stop in to make your own sewn bunny rabbit. Add a festive touch to your mantle, bookshelf or any countertop. This class does require beginner sewing skills. Limited to available fabric patterns.



Looking for...



CAREGIVER SUPPORT GROUP

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

Virtual Every Other Friday 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

OUR TIME MEMORY CAFÉ Thursday, March 3 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

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. if you have 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*



LEGAL ADVICE

Friday, March 4 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.

MARCH Lunch Menu

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

\$5.00 Reservations are Required (508-497-9730)
Two seating's 11:30 & 12:00^{ish} 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.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Are you signed up for lunch this week? The Chef needs to know how many to plan for each day.

	1 Chicken Parmesan over Pasta	2 Crab Cakes	3 Chicken Vindaloo	4 Tilapia
7 Chicken Fajita	8 Pork Medallions in Cherry Wine Sauce	9 Choice of: Stuffed Shells or Lasagna (Meat or Veggie)	10 Coconut Shrimp	11 Palak Paneer
14 Pi Day Shepherd's Pie	15 Orange Ginger Chicken Stir Fry	16 Breakfast for Lunch	17 St. Patrick's Day - Catered by TJ's	18 Vegetable Stew
21 Grilled Pineapple Ham Steak	22 Bow Tie Chicken and Spinach	23 Salisbury Steak	24 Shrimp Scampi	25 Zahra's Chili
28 Baked Haddock	29 Schweinebraten (German Pork Loin with Onions)	30 Chicken Fingers and Fries	31 Pasta Primavera	

Menu subject to change



The Hopkinton Senior Center Book Club

The Book Club meets in-person the first Monday of the month at 10:30am.

One of life's pleasures is a good book. Another is the time to read it. At our meeting you can relax, bring something to drink; all while enjoying book reviews and socializing!

This month we're reading: Readers Choice
April 4: "Never Have I Ever" by Joshilyn Jackson



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

The online store will open March 7 thru March 21

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
 Call us if you need help ordering online.

REGULARLY SCHEDULED PROGRAMS

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

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

Zumba 9:15-10:00
Instructor: Rebecca Tredeau

Walking w/Lisa 10:30
Weather Permitting Local trails, max.6

Chi Gong 10:30
Instructor: Linda Bellefueille

Meditation 12:00 Twice a month (Check Calendar)
Instructor: Jeanne Friswell

ARTS/CRAFTS

Pottery
Tuesday 9:30 & 1:30 - \$5 Fee
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)
Second Tuesday 10:00

Ask the Nurse
Wednesdays: 9:00 - 12:00

Blood Pressure Checks
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 and Wednesday 10-12

HOME Computer and Technology Assistance (Virtual)
Fridays 10-12 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
March 4th, 10:00-11:00;
15 minute appointments.

Keep Movin - LIVE - with the Senior Center (HCAM.TV)
10am, 2nd and 4th Friday

Veterans Breakfast
1st 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 - Beginners Welcome
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

2nd Thursday – (March 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:

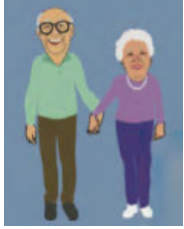
FRIENDS OF THE HOPKINTON SENIOR CITIZENS, INC. 28 MAYHEW ST., HOPKINTON, MA 01748

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.

'TIS THE SEASON

(TAX SEASON, NOT CHRISTMAS)

Every March I do a column with a set of tax reminders. Don't consider this advice from a tax expert. Consider it advice to get a tax expert. Fortunately, regarding tax issues, you may be able to get that for free. A number of senior centers work with AARP and local volunteers to provide that kind of advice. Check with your senior center or those nearby, since all senior centers are open to all seniors. Also, most accountants will respond to basic tax questions over the phone. That said, here are a few tax reminders you may want to talk about. My general advice: don't get your tax advice from the person over at Dunkin Donuts.

• Don't assume that just because your only income comes from Social Security, you do not need to file a return.

• On the other hand, don't assume that just because you don't have to file a return that you shouldn't file a return. The obvious case in point is the so-called Massachusetts "circuit breaker" (who knows why they called it that) tax credit that you can get if your real estate taxes and water/sewer bill or your rent for 2021 exceeded a certain percentage of your income for that year. The statistic I read recently was that over one-third of the people who are eligible to get this check from the Commonwealth of Massachusetts do not get it because they do not apply for it. To get it, you have to file both a federal and a Massachusetts income tax return.

• If you paid for home health care during 2021, you can deduct those costs as a medical deduction if a doctor, nurse, or social worker certifies that the person receiving the care needed it because he or she needed regular personal assistance with at least two activities of daily living (ADLs, which are eating, dressing, bathing, toileting, or transferring) or needed supervision because of cognitive problems. That certification can be provided now, even if you did not get it in 2021.

I will be reviewing these and other tax matters relevant to seniors in my March seminar on Frank and Mary's YouTube channel, 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*

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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"

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www.mirickoconnell.com



MARCH CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
#KEEPMOVIN	9:00 Stretch/Dr.Binh 1 9:30 Pottery 10:00 WOW 10:00 Zumba 11:00 Balance & Flex 11:30 Celebrity Server 12:30 Exercise/Joni 1-3 Beginner Knitting 1:00 Declutter with Julia 2:00 Tap Dance	2 9-12 Nurse Available 9:30-3:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 1-4 Mah Jong 1:00 COA Board Meeting	3 9:00 Quilting Group 9:30 Knitting Group 10:30-11:30 BP Checks 1:00 Pitch 1:00 Memory Café	4 9:00 Vets Bkfst. 9-11:30 Vets Agent 10-11 Individual Legal Appts. 10-12 Sew Fun 10-12 Tech. Assistance <i>(Virtual)</i> 10:00 TRIP: Sturbridge Marketplace and Antique Shops 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support <i>(Virtual)</i>	
	9:00 Chair Yoga 7 10:30 Exercise w/Linda 10:30 Book Club 12:30 TED Talk <i>(Hybrid)</i> 2:00 Movie Matinee: <i>Hidden Figures</i>	8 9:00 Stretch/Dr.Binh 9:30 Pottery 10:00 WOW 10:00 Plan B 10:00 Zumba 11:00 Balance & Flex 12:30 Exercise/Joni 1-3 Beginner Knitting 2:00 Tap Dance	9 9-12 Nurse Available 9:30-3:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 1-4 Mah Jong	10 9:00 Quilting Group 9:30 Knitting Group 10:30-11:30 BP Checks 11:30 Birthday Lunch 1:00 Pitch 1:00 Art Appreciation: Landscapes Old & New	11 9:15 Zumba 10:00 KEEPMOVIN 10-12 Sew Fun 10-12 Tech. Assistance <i>(Virtual)</i> 10:30 Chi Gong 10:30 Walking Group 12:00 Meditation
	14 9:00 Chair Yoga 9:30-11:30 Crafts with Deb 10:30 Exercise w/Linda 12:30 TED Talk <i>(Hybrid)</i> 1-3 Loom Weaving 2:00 Movie Matinee: <i>Gifted</i>	15 9:00 Stretch/Dr.Binh 9:30 Pottery 10:00 WOW 10:00 Zumba 11:00 Balance & Flex 12:30 Exercise/Joni 1-2:30 Beginner Pottery 1-3 Beginner Knitting 1:00 Declutter with Julia 2:00 Tap Dance	16 9-12 Nurse Available 9:30-3:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 12:30-2:00 Cultural Conversations: South Africa <i>(Virtual)</i> 1-4 Mah Jong	17 9:00 Quilting Group 9:30 Knitting Group 10:30-11:30 BP Checks 12-1:30 St. Patrick's Day Party 1:00 Pitch	18 8:30 TRIP: New Bedford Whaling Museum 9-11:30 Vets Agent 9:15 Zumba 10-12 Sew Fun 10-12 Tech. Assistance <i>(Virtual)</i> 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support <i>(Virtual)</i>
	21 9:00 Chair Yoga 10:30 Exercise w/Linda 12:30 TED Talk <i>(Hybrid)</i> 1-3 Loom Weaving 2:00 Movie Matinee: A <i>League of their Own</i>	22 9:00 Stretch/Dr.Binh 9:30 Pottery 10:00 WOW 10:00 Zumba 11:00 Balance & Flex 12:30 Exercise/Joni 1-2:30 Beginner Pottery 1-3 Beginner Knitting 2:00 Tap Dance	23 9-12 Nurse Available 9:30-3:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 1-4 Mah Jong	24 9:00 Quilting Group 9:30 Knitting Group 10:30-11:30 BP Checks 12:30 Hearing Aid Cleaning 1:00 Pitch 1:00 Musical Baseball Show	25 9:15 Zumba 10-12 Sew Fun 10-12 Tech. Assistance <i>(Virtual)</i> 10:00 KEEPMOVIN 10:30 Chi Gong 10:30 Walking Group 12:00 Meditation
	28 9:00 Chair Yoga 10:00 Friends Meeting 10:30 Exercise w/Linda 11:30 TRIP: Ichigo Ichie Hibachi Lunch 12:30 TED Talk <i>(Hybrid)</i> 1-3 Loom Weaving 2:00 Movie Matinee: <i>Calendar Girls</i>	29 9:00 Stretch/Dr.Binh 9:30 Pottery 10:00 WOW 10:00 Zumba 11:00 Balance & Flex 12:30 Exercise/Joni 1-2:30 Beginner Pottery 1-3 Beginner Knitting 2:00 Tap Dance	30 9-12 Nurse Available 9:30-3:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 1-4 Mah Jong 1:00 Justice of District Court, Honorable James M. Murphy <i>(Virtual)</i>	31 9:00 Quilting Group 9:30 Knitting Group 10:30-11:30 BP Checks 1:00 Pitch 1-3 Celebrate National Crayon Day	



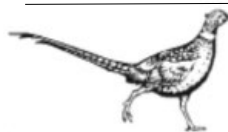
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FRIENDS OF THE HOPKINTON SENIORS, INC.

(a 501c3 organization)

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

March Meeting is scheduled for Monday, March 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 4th 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

MARCH MOVIE MATINEES



Mondays at 1:45pm in the Library

Looking to get out of the house? No registration necessary! Join us at the Center all month long for Monday afternoon movies. Complimentary hot chocolate and popcorn served.

Monday, March 7: Hidden Figures (2 hr. 7 min) The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.

Monday, March 14: Gifted (1 hr. 41 min) Frank, a single man raising his child prodigy niece Mary, is drawn into a custody battle with his mother.

Monday, March 21: A League of Their Own (2 hr. 9 min) Two sisters join the first female professional baseball league and struggle to help it succeed amidst their own growing rivalry.

Monday, March 28: Calendar Girls: Run time (1hr. 48 min) A group of brave middle aged women who attempt to raise money by posing nude in a charity calendar.

MARCH

Reflection by Mary McLeod

March opens the door to Springtime. Yea!

Vegetable Garden Volunteers:

Volunteer opportunities at the Hopkinton Senior Center (28 Mayhew Street). We are in need of a volunteer to undertake and oversee the cultivation of our vegetable garden. We also need a team of volunteers to help in the process.



General knowledge of vegetable gardening, rototilling/soil prep, planting, watering, fertilizing, treating insects and harvesting for our kitchen is a plus but not required (guidance will be available). What a way to think Spring while the weather is still cold! If you are interested please contact **Sue Stewart, Volunteer Coordinator, by phone or email: 508-497-9730 ext.**

March Senior View

"Sunnyside Garden"

Host: Mary McLeod

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

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

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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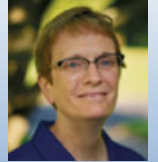
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VETERANS CORNER

HOPKINTON VETERANS BREAKFAST March 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.

March 4 - Sponsored by Metrowest Veterans Services
April 1 - Sponsored by Anonymous Donor



Veterans Services Department At the Hopkinton Senior Center

Agent Hours are: 9am-11:30am Friday on:
March 4th & 18th

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

MEDICARE UPDATES

With Medicare Plans, does it matter which pharmacy you use? **YES, the pharmacy you use could make a big difference in the cost of your drugs!**

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.



For 2022, all the 21 Medicare drug plans have **preferred pharmacies** as do several Medicare Advantage plans. You should check that the pharmacy you currently use is the best one to use with your plan; plans can change their preferred pharmacies from year to year. By using a preferred pharmacy, you may save money!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. 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, number and town. A volunteer will call you back, as soon as possible.

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