

# The **HILLTOPPER**

*Hopkinton's Hub for Boomers and Beyond*  
**Hopkinton Senior Center**



## **Art Appreciation: Why So Famous**

**Thursday, April 14 from 1-2:00pm  
Cost \$3.00**

This month we will discuss why certain works of art have captivated observers through time. From medieval images to abstract art, discover what's special about many famous creations by artists such as da Vinci, Michelangelo, Velasquez, Picasso, Monet, O'Keeffe, Warhol and others. Through time and around the world, see how art and its meanings have evolved.

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

## **It's Volunteer Appreciation Month!**

### **2022 Volunteer Appreciation Dinner:**

Our annual Volunteer Appreciation Dinner is scheduled for **Thursday, April 28 at 5pm**. Volunteers: Be on the lookout for invitations coming in the mail.



## **Cultural Conversations:**

**A Window into the Ancient World of Athens**  
**Virtual Experience Tuesday, May 3 from 10-11am**



What makes Athens so unique as a city, and why are people so "friendly"? Join us as we e-meet our tour guide in a place where modern life meets the ancient, and where ambience flirts with the bohemian. We'll walk on the oldest street of Athens called Tripodon, located in the famous Plaka area, see some amazing sites of the past, and marvel at the sacred rock of Acropolis from afar. We'll see the best of Athens, and find out a little more about the Ancient Greeks' daily routine and compare it with a day in the life of a contemporary Athenian.

## **Hopkinton Senior Center**

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

**8:30am - 2:00pm Friday**

**28 Mayhew Street  
Hopkinton, MA 01748**

**(508) 497-9730**

**[www.hopkinton seniorcenter.com](http://www.hopkinton seniorcenter.com)**

**PLEASE CALL IF YOU HAVE ANY  
QUESTIONS**

### **STAFF**

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

### **EXT.**



**"Hopkinton  
Senior Center"**

LGBTQ + friendly



## **A** Letter from the Director

We made it to Spring and with it (hopefully) we will see the leaves and flowers all coming into bloom soon. While we live in New England and anything can happen weather-wise, like an April Fool's Day snow storm, as of this writing, I have fingers crossed for the flowers and leaves coming soon. And with the warmer weather I am looking forward to the running of the Boston Marathon and all the activity it brings to downtown Hopkinton. It is exciting to have our annual events happening once again!

At the Senior Center we are seeing the same excitement and activity! In person activities without masks are happening, large group events and parties are taking place, and day trips are up and running once again. This is the Senior Centers part in an effort to #KeepMovin. We hope you take advantage of these and lots of other opportunities each day. As always, this newsletter is a great source of information regarding all the fun and exciting things happening here. I hope you find something to whet your appetite and come in and join in the fun!

While we always try to have a wide assortment of activities and programs, we want to hear from you if there is something you would like to see us offer. Please make sure to reach out to Jessica Migneault if you have any suggestions or ideas for classes or trips you would like us to offer. She is always interested in hearing from you!

Along with our activities, please remember to use your swipe card when you check in at the Senior Center. That swipe tells us where you have been and helps with our planning of future programs and events, and with all our state reporting.

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

Amy Beck, Director

## **Workshop on Diversity for Volunteers**

**Monday, April 11 1-2pm**  
**Thursday, April 21 1-2pm**  
**Friday, April 29 1-2pm**

The Massachusetts Executive Office of Elder Affairs (EOEA) is asking all Senior Center staff and volunteers to complete a special one hour workshop titled: Prevention and Elimination of Discrimination Based on Sexual Orientation and Gender Identity and Expression.

The workshop takes approximately 1 hour to complete. It is not a discussion-based program, instead the workshop consists of multiple short video clips. You don't have to share any personal information with the group or bring anything with you.

Please pre-register for one of these time slots by contacting the receptionist. Participants only have to attend one workshop. If you would prefer to do this on your own, please let us know and we will make accommodations. If none of these times work for you, stay tuned for more workshop opportunities next month.

## **Everyone Should Become a Dementia Friend!**

Dementia Friends Information Sessions:

**Tuesday, April 12 from 7-8:30 pm**  
 at the Hopkinton Center for the Arts

**Wednesday, April 27 from 1-2:30 pm**  
 At the Hopkinton Senior Center

As a Dementia Friend, you can turn your new understanding of dementia into a practical action that can help someone with dementia living in your community. Your action can be as big or as small as you choose – because every action counts!

Becoming a Dementia Friend is easy, attend a one-hour Dementia Friends Information Session offered by a Dementia Friends Champion. We'll share some activities and discuss the five key messages everyone should know about dementia. You'll learn about the different types of dementia and a bit about what it's like to live with dementia.

The information session is suitable for people of all ages so bring your family! Everybody can help make Hopkinton a safer, more comfortable, and supportive community for people with dementia.

Please reserve your seats at either session by calling the Hopkinton Senior Center (508) 497-9730. If you have questions or want additional information, please email [sdocknevech@gmail.com](mailto:sdocknevech@gmail.com).

## **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:**  
**April 6 and May 4 at 1:00pm**

**Walk Massachusetts Challenge**

Spring is just around the corner and we've got the perfect way to start getting in shape! Get ready to lace up your sneakers – the Massachusetts Councils on Aging (MCOA) is sponsoring the Walk Massachusetts Challenge this Spring. The challenge runs from May 1 to October 31, 2022. Participants choose a challenge; it could be walking 88 days during the challenge period to walking 126.5 miles to walking 362,000 steps. Choose your challenge based on your walking abilities, or challenge yourself to reach a higher goal!

Walk indoors, outdoors, on a treadmill, around your neighborhood, at a mall, a park, along the beach, with our walking club, or march in place in your own living room. As long as you're walking, it counts! Track your progress and as you achieve milestones towards your goal you'll be entered for a chance to win a giftcard from MCOA.

To learn more about registering or for other info about the Walk Massachusetts Challenge call the Senior Center.

**Beginner French**

Looking to learn, or maybe you need to refresh your language skills. Either way, we're excited to announce we're launching a new Beginning French class starting in May. Please call us for additional details about this program.

**Great Courses:**

**How to Plan for the Perfect Retirement**

**Tuesdays, Starting April 12**

12:00-12:30pm- **Virtual Program**

Planning to retire, but not quite sure if you're prepared? Join us on your lunch break for a short 30 minute video lecture presented by Great Courses, covering everything you need to know to prepare for a successful retirement. Come in person to watch the video or call us for a Zoom link.

Each week we'll explore a new topic. Sign up for the whole 12 week series, or just the topics you're interested in.

Stop in or call the Senior Center for the full course schedule.

- April 12: How to Think Like a Retirement Expert
- April 19: How Much Money Do You Need to Retire?
- April 26: Five Ways that Retirees Run Out of Money
- May 3: How to Start Saving for Retirement
- May 10: Mid Career Financial Strategies
- May 17: Investing for Safety, Income, and Growth

**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 make an appointment.

**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.



**Hearing Aid Cleaning  
Thursday, April 28th at 12:30pm**

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





## DAY TRIPS

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

### Norman Rockwell Museum and Red Lion Inn: Friday, April 8

Leave at 8:30am, Approx Return 5:00pm

Cost: Bus and Museum \$26 (Lunch Not Included)

### Worcester Red Sox Game: Wednesday, April 27

Buffalo Bisons vs. Worcester Red Sox

Leave at 10:30, Approx Return 4:30pm (*Depending on Game Play*)

Bus and Ticket Cost: \$35 - Pay at signup



### Townsend Antiques and Pickity Place: Monday, May 2

Leave at 9:00am, Approx Return 3:30pm

Bus and Lunch \$45 - Pay at signup

*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

### Medicare Savings Program

If you have limited income and assets, you may be eligible to save money on your Medicare coverage!

Your monthly Medicare part B premium is currently deducted from your Social Security benefit. If you qualify, a Medicare Savings Program will pay for your monthly Medicare part B premium (which is approximately \$170.10 for most people).

For an individual to financially qualify, your income can be \$1771 a month or less, and your assets can be up to \$15,940 total or less.

For a married couple, the income limit is \$2,396 a month or less, and total assets of \$23,920 or less.

\*These income limits may increase in March of each year, so if your income is just above the limit, you may still be eligible.

For questions or to apply, please contact the Outreach department.

## BUS SCHEDULE

### Monday - NO Bus Transportation

### Tuesday through Friday

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

#### 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.

### Bus Drivers:

Louis Mongiat

Karen Coopridner x1627



### 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.



## FEELING CRAFTY

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

### Craft Corner with Deb

#### Shelf Bunnies

Monday, April 4 9:30-11:30am  
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.

### Bunny Rabbit Crafts

Monday, April 11 9:30-11:30am  
Get creative and get ready for Spring with these adorable bunny rabbit craft ideas. All skill levels welcome.



### Tulip and Spring Flower Baskets

Cost: \$10

Wednesday, April 13 1pm

Join us for another great Bemis Farms floral design class as we welcome in the springtime with these adorable baskets. Pre-registration is required for this class.



### **Cornhole**

**Mondays 12:30-3:30pm**

Want to have lots of fun, while also being a little competitive? The Senior Center recently purchased 2 Cornhole games. This is a fun, bean bag toss game, typically played in pairs, that is popular at picnics and social gatherings. Join us every Monday afternoon in the Great Room to learn how to play and for some friendly competition. New players welcome, no prior knowledge of the game necessary.



# Looking for...



### Caregiver Support Group In-Person Wednesday, April 13 at 10:30am 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](mailto:info@ourtimememorycafe.org)

### Our Time Memory Café Thursday, April 7 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. All are welcome! Contact Julia in the Outreach Dept. if you have questions.

### Legal Advice

**Friday, April 1 and May 6 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's monthly at 11am

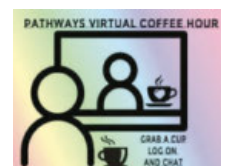
Baypath's LGBTQ+ Initiative Coordinator, Julie Nowak (she/they) hosts a chat about this n' that!

Visit: <https://www.baypath.org/lgbtqresources>

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)



## APRIL 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<sup>ish</sup> 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
Are you signed up for lunch this week? The Chef needs to know how many to plan for each day.				
<i>Menu</i> subject to change				1 Baked Salmon
4 Pan Roasted Chicken and Vegetables	5 Baked Ziti with Sausage	6 Pot Roast	7 Chicken Biryani	8 Popcorn Shrimp
11 Potato Chip Chicken	12 Swedish Meatballs over Pasta	13 Easter Dinner Baked Spiral Ham	14 Chicken Pot Pie	15 Battered Fish Fillet
18 CLOSED	19 Beef and Broccoli Stir Fry	20 Meatloaf	21 Chicken Skewers	22 Tilapia
25 Chicken Quesadilla	26 Hot Dogs & Beans	27 Cranberry Stuffed Pork Loin	28 Zahra's Chili	29 Haddock
FOOD SERVICE STAFF		Diana Palmer - Head Chef Cate DeCarolis	Zahra Ali - Chef Richard Munroe	



### 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!  
**April 4: "Never Have I Ever" by Joshilyn Jackson**  
**May 2: "The Adventure of the Peculiar Protocols" by Nicholas Meyers**



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

The online store will open  
**April 7 thru April 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](https://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*

**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 Café**

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**

April 1, 2022 10:00-11:00

15 minute appointments.

**Keep Movin - LIVE - with the**

**SeniorCenter (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**

**Mah Jong - Beginners Welcome**

Wednesdays, 1-4 Library

**Pitch**

Thursday 1:00 Library

**Billiard's**

Open during normal hours of operation

**Cornhole**

Mondays 12:30pm

**Miscellaneous**

**Wednesday 9:30-3:30 Hairdresser**

by appt— \$10 cut, \$15 wash/cut/dry

**2nd Thursday – (April 14, 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:**

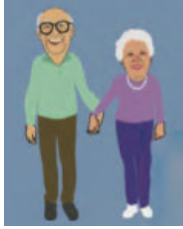
**FRIENDS OF THE HOPKINTON SENIOR CITIZENS,**  
**INC. 28 MAYHEW ST., HOPKINTON, MA 01748**

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.

### IF YOU NEED NURSING HOME CARE, YOU CAN (ALMOST) ALWAYS QUALIFY FOR MASSHEALTH

I have spoken to literally thousands of people over the years who want to protect their assets in case they need nursing home care and they want to qualify for MassHealth (MassHealth is the Massachusetts name for the federal Medicaid program.). What most people do not realize, though, is that they can (almost) always qualify for MassHealth, even at the last minute.

If you are married, you can qualify for MassHealth by shifting your assets to your spouse, even at the last minute, and then having your spouse take the necessary steps to restructure assets so that his or her total assets are less than a certain amount set by the government. After you qualify for MassHealth, you will have to pay your social security and pension income (minus a small adjustment) to the nursing home, but MassHealth will pay the rest.

Even if you are single, in almost all cases you can still qualify for MassHealth at the last minute by restructuring your assets in a particular way. After that, you pay your pension and social security (again, minus a small adjustment) to the nursing home and MassHealth pays the rest.

Once you're on MassHealth, the nursing home rate for your bed will drop from the private pay rate (typically \$13,000-\$15,000 per month) to the MassHealth rate (typically \$7,000-\$8,000 per month). While MassHealth will have a claim on those restructured assets after your death, the claim will be based on that much lower bed rate, so it is much more likely there will be something left over for your children.

To qualify for MassHealth at the last minute, you can do one of two things, or a combination of them:

• Transfer the funds to a special kind of trust called a "d4c pooled trust." To learn about those, you can Google the term "pooled trusts." These funds can be used to supplement your care while you are alive, and, once the MassHealth lien is paid off after you die, the remaining funds can go to your children.

• Buy a particular kind of annuity. As long as the annuity requires equal monthly payments during your lifetime, buying the annuity will reduce your assets by converting them to income. While the monthly annuity payments will go the nursing home, by reducing the amount that MassHealth paid on your behalf, you can reduce the MassHealth claim at your death.

Obviously, this is all pretty complicated, but it can save you and your family a lot of money if you or someone you love needs nursing home care. So before you simply resign yourself to paying those big nursing home bills, talk to an elder law attorney to explore your options.

For more information, you may want to check out my April 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

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

# MIRICK O'CONNELL

ATTORNEYS AT LAW

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

Arthur P. Bergeron  
508.860.1470  
[abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com)



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



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

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



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





# APRIL CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
#KEEPMOVIN				9:00 Vets Bkfst. 1 9:00 Vets Agent 10-11 Individual Legal Appts. 10-12 Sew Fun 10-12 Tech Assistance (Virtual) 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virt)
				4 9:00 Chair Yoga 9:30 Crafts w/Deb 10:30 Exercise w/Linda 10:30 Book Club 12:30 TED Talk (Hybrid) 12:30 Cornhole 1-3 Loom Weaving 1:45 Movie Matinee: Thunder Force
11 9:00 Chair Yoga 9:30 Crafts w/Deb 10:30 Exercise w/Linda 12:30 TED Talk (Hybrid) 12:30 Cornhole 1-3 Loom Weaving 1:00 Diversity Workshop	12 9:00 Stretch/Dr.Binh 9:30 Pottery 10:00 WOW 10:00 Zumba 11:00 Balance & Flex 12:00 Retirement Course 12:30 Exercise/Joni 1-2:30 Beginner Pottery 1-3 Beginner Knitting 2:00 Tap Dance	13 9-12 Nurse Available 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:30 Caregiver Support Group 1-4 Mah Jong 1:00 Tulip and Spring Flower Basket	14 9:00 Quilting Group 9:30 Knitting Group 10:30 BP Checks 11:30 Birthday Lunch 1:00 Pitch 1:00 Art Appreciation: Why So Famous	15 9:15 Zumba 10-12 Sew Fun 10-12 Tech Assistance (Virtual) 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virtual)
	18 9:00 Stretch/Dr.Binh 9:30 Pottery 10:00 WOW 10:00 Zumba 11:00 Balance & Flex 12:00 Retirement Course 12:30 Exercise/Joni 1-2:30 Beginner Pottery 1-3 Beginner Knitting 1:00 Declutter with Julia 2:00 Tap Dance	19 9-12 Nurse Available 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 1-4 Mah Jong	20 9:00 Quilting Group 9:30 Knitting Group 10:30 BP Checks 1:00 Pitch 1:00 Diversity Workshop	21 9:15 Zumba 10:00 KEEPMOVIN 10-12 Sew Fun 10-12 Tech Assistance (Virtual) 10:30 Chi Gong 10:30 Walking Group
25 9:00 Chair Yoga 10:00 Friends Meeting 10:30 Exercise w/Linda 12:30 TED Talk (Hybrid) 12:30 Cornhole 1-3 Loom Weaving	26 9:00 Stretch/Dr.Binh 9:30 Pottery 10:00 WOW 10:00 Zumba 11:00 Balance & Flex 12:00 Retirement Course 12:30 Exercise/Joni 1-2:30 Beginner Pottery 1-3 Beginner Knitting 2:00 Tap Dance	27 9-12 Nurse Available 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:30 TRIP: Worcester Red Sox Game 1-4 Mah Jong 1-2:30 Dementia Friend Session	28 9:00 Quilting Group 9:30 Knitting Group 10:30 BP Checks 12:30 Hearing Aid Cleaning 1:00 Pitch 5:00 Volunteer Appreciation Dinner	29 9:00 Vets Agent 9:15 Zumba 10-12 Sew Fun 10-12 Tech Assistance (Virtual) 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virtual) 1:00 Diversity Workshop



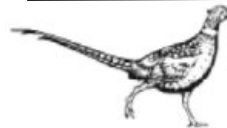
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## FRIENDS OF THE HOPKINTON SENIORS, INC.

(a 501c3 organization)

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

\*\*April Meeting is scheduled for Monday, April 25\*\*

**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. Please do not crush plastic bottles or cans.

Redeemables can be brought to the Hopkinton Recycling Center on the 2nd Saturday of the month.

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

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

**Paperless Hilltopper Anyone? Call 508-497-9730**

# APRIL Movie



### Mondays at 1:45PM in the Library

Looking to get out of the house? No registration necessary! Join us the first and third Monday of the month.

Monday, April 4 -Thunder Force- Rated: PG-13- Run time: 1 hr. 46 min. In a world where supervillains are commonplace, two estranged childhood best friends reunite after one devises a treatment that gives them powers to protect their city.

No Movie on Monday, April 18 (Marathon Monday)

### April Senior View

"History of Woodville"

**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: 5:30pm, and Thursdays: 11:00am

## April

**Reflection by Mary McLeod**

**April provides warmth and love for Nature  
watch the flowers grow each day.**

### 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. 1618 or [sstewart@hopkintonma.gov](mailto:ss Stewart@hopkintonma.gov).

### Plant and Book Sale

**Friday, May 20 from 9-2pm and  
Saturday, May 21 from 9-12pm**

The Friends of Hopkinton Seniors are excited to host their annual Plant and Book Sale.



### 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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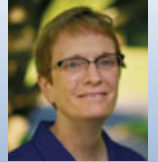
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## VETERANS CORNER

### HOPKINTON VETERANS BREAKFAST April 1 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.

April 1 - Sponsored by Anonymous Donor  
May 6 - Sponsored by Hopkinton Historical Society



### Veterans Services Department At the Hopkinton Senior Center

**Agent Hours are: 9am-11:30am Friday on:  
April 1 & 29**

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

## MEDICARE UPDATES

### Medicare and OTC COVID-19 Tests

Earlier this year it was announced that, starting in early Spring, Medicare beneficiaries will be able to access up to 8 over-the-counter COVID-19 tests per month for free. Tests will be available through eligible pharmacies and other participating entities. All Medicare beneficiaries with Part B are eligible for this new benefit, whether enrolled in a Medicare Advantage plan or not. More details will be available when this initiative launches in the early Spring. For more information, check [Medicare.gov](https://www.medicare.gov) or speak to a SHINE counselor.



In the meantime, anyone can order up to 4 free home tests per household through [covidtests.gov](https://www.covidtests.gov). Beneficiaries who are in a Medicare Advantage plan can check if their plan offers any coverage for home tests (separately from the initiative launching in early Spring)

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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