

The **HILLTOPPER**

Hopkinton's Hub for Boomers and Beyond
Hopkinton Senior Center



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. A large variety of vegetables, flowers and plants grown and donated by our greenhouse volunteers will be available at rock bottom prices. Seeds have been started for over a dozen varieties of tomato plants including heirlooms. When you wake up your garden this spring, please consider donating some of your perennial divisions to the sale. These are always in high demand.

There will be a wide selection of gardening books, as well as cookbooks, children's and many more titles. Stock up for your summer reading!



Hopkinton Senior Center

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

Friday - 8:30am - 2:00pm

28 Mayhew Street

Hopkinton, MA 01748

(508) 497-9730

www.hopkintonseiorcenter.com

Staff	Ext.
Amy Beck Director	1613
Jessica Migneault Assistant Director	1617
Dawn Duplessis Admin. Assistant	1614
Kim Carson Outreach Coordinator	1615
Julia Schneiderman Outreach Coordinator	1616
Susan Stewart Volunteer Coordinator	1618
Lisa Deneen Receptionist	1619

QPR stands for Question. Persuade. Refer. **Wednesday, May 11 from 2-4pm**

Three steps anyone can learn to prevent a suicide
Clear. Concise. Efficient.

Just like CPR saves lives during cardiac arrest, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught suicide prevention training in the world. Now, more than ever, people are struggling with mental health and stress. Learning to recognize the warning signs, how to offer hope, and how to get help for someone in a crisis.

Have you ever felt concerned for a loved one and did not know how to start the conversation? Whether you are worried about suicide or you just don't know how to ask about someone's emotional health, QPR gives you the skills to start a conversation.

QPR **Question**
Persuade
Refer

A Suicide Prevention Training

Anyone Can Help Save a Life!

A Letter from the Director

Welcome to May and the celebration of Older Americans Month! Older adults play an important, positive and integral role in our communities - from serving on Boards and Committees to being involved in neighborhood and family activities, and taking part in local elections. Your value to the community increases with age as your voice continues to help shape the future for other seniors, and our children and grandchildren.

At the Senior Center we value your ideas and suggestions too! Over the next several months we are hoping to start our Strategic Planning for the upcoming years and we need your thoughts, ideas, suggestions and participation in this process. Please watch for more information about ways in which you can help us plan for the future of the Senior Center and Hopkinton.

Please remember to attend Town Meeting planned for May 2nd at the Middle School Auditorium. Hope to see you all there! Your voice and votes do matter.

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 for classes, trips, programs or special events you would like us to offer. She is always interested in hearing from you!

As the weather continues to warm it is easier to #KeepMovin outside and at the Senior Center. We hope to see you all here!

Amy Beck, Director

COUNCIL ON AGING BOARD

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

Donna Deneen
Gale Levine
Pat Srodawa
Sue Pearson

Upcoming board meetings:
May 4 and June 1 at 1:00pm



LGBTQ + friendly



Beginner French Every Thursday 10:45-11:45am Virtual Program

Parlez-vous français? Starting this month we're offering a brand new beginner French class at the Senior Center! This class is perfect for those who have never taken a language, as well as for those looking to dust off their French language skills and anyone in between. Join us every Thursday morning from 10:45-11:45am for a virtual Beginner French class taught by Nathalie Scott. Nathalie has been teaching at the Senior Center for over 2 years and currently teaches our Advanced French class. Call the Senior Center for the zoom link.



Lunch Break Learning with Great Courses: How to Plan for the Perfect Retirement Every Tuesday, 12:00-12:30pm Virtual Program

We'll continue with our video series on planning for retirement. Join us on your lunch break for these short 30 minute video lectures 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 series, or just the topics you're interested in. Stop in at the Senior Center to see the full course schedule.



Cultural Conversations: A Window into the Ancient World of Athens Virtual Experience Tuesday, May 3 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.

Cultural Conversations: The Temple Mount in Jerusalem Virtual Experience Wednesday, May 25 10-11am

Welcome to Mount Moriah! We will see the Western Wall from an unusual angle, Al-Aqsa mosque, the Golden Dome, and the Golden Gate (Gate of Mercy) where Jesus entered the city on multiple occasions. We will talk about Jewish, Christian, and Muslim traditions on the mountain and see the strong connection between the three Abrahamic faiths.

A word from our Volunteer Coordinator

To our Senior Center participants and volunteers. I am retiring on May 26.

To all of our participants: I have seen you daily for the past six years. I will miss our conversations as I have made my way around the Senior Center during my work day.

To our volunteers: You have made my position such a pleasure everyday. Your commitment to the Senior Center is inspiring. You are always there to help even with my last minute phone calls. You have taught me about humble servitude.

This is not goodbye, but “until we meet again”, as I am sure I will be back participating or serving right next to you.

Always, Sue Stewart



Help Make Hopkinton Dementia Friendly Wednesday, May 18 4-5:30pm

Hopkinton Public Library

Turn your new understanding of dementia into practical action that can help someone with dementia living in our community. Actions can be as big or as small as you choose – because every action counts!

Attend a one-hour Dementia Friends Information Session, suitable for all ages. You'll learn the five key messages, the different types, and a bit about what it's like to live with dementia.

Everybody can help make Hopkinton a safer, and supportive community for people with dementia.

Please reserve your seats by calling the Hopkinton Senior Center (508) 497-9730. If you have questions or want additional information, please email sdocknevich@gmail.com.



HEALTH AND FITNESS

Healthy Brain Initiative Thursday, May 12 1-3pm

The Healthy Brain

Initiative is a new program supported by the CDC, to improve the understanding of brain health as a central part of public health practice. The initiative

creates and supports partnerships and aims to increase awareness of brain health. Join the Hopkinton Health Department and Community EMS for an afternoon of education on ways to keep your brain healthy and free cognition screening.



Joy of Movement New Weekly Class Starting Wednesday, May 11 at 10:45am

Ladies and gents, it's time to shake off the winter doldrums and start moving and grooving with some stretching and warmups. Come learn some ballroom steps, some belly dance moves, and some beautiful expressive hula hands. Join us for an exciting new exercise program perfect for all fitness and all dance experience levels! Please pre-register for this event.

Walk Massachusetts Challenge

It's not too late to register for the Walk Massachusetts Challenge sponsored by the Massachusetts Councils on Aging. Choose a walking challenge based on your personal walking abilities, or challenge yourself to reach a higher goal! Track your progress and as you achieve milestones towards your goal you'll be entered for a chance to win a gift card from MCOA.

To learn more call the Senior Center or visit www.walkmachallenge.com.



New Exercise Punch Cards

Starting in June we are rolling out a new way of paying for exercise class. Similar to our lunch program, we are going to start offering pre-paid punch cards for exercise classes. Participants will have the opportunity to purchase cards on-going instead of only pre-paying for classes at the start of the month. Cards will be sold in the amounts of

5 classes for \$15

10 classes for \$30

20 classes for \$60

Participants who do not wish to purchase a punch card will still have the option to pay \$5 for a drop-in class.

DAY TRIPS

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

Tower Hill Botanical Gardens: Friday, May 13

Leave at 10:00am, Approx Return 2:30pm

Cost \$23(Tower Hill Botanical Garden entry and bus only) Pay at Signup

Lunch on site at your leisure at Farmer and the Fork Café

(Limited accessibility-Significant amount of walking required)

Heritage Museums & Gardens: Friday, June 3

Leave at 9am, Approx Return 4:30pm

Cost \$25 (Lunch not included)

Lunch at Seafood Sam's

Icons/Legends Tribute Show at Fosters Lobster Bake with Best of Times: Friday, July 20

The Ultimate Tribute show to some of the greatest entertainers of all time such as Neil Diamond, Carole King, Karen Carpenter, Johnny Cash, Roy Orbison, The Everly Brothers, Elvis, Simon and Garfunkel, The Eagles and more!

Stop in to the center for a brochure with all the show and luncheon details.

Cost \$85 (Show and Lunch Included) 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

Do you need help buying groceries every month?

The Supplemental Nutrition Assistance program (SNAP) formerly known as food stamps is a program that provides monthly financial assistance for groceries. This program is vital in helping low-income older adults afford nutritious food to help improve their quality of life. Once enrolled in SNAP, monthly funds are added to an EBT card which can be used just like a debit card for shopping. Eligibility for SNAP depends on household size, income and expenses. Applicants can claim a number of exemptions such as medical expenses that can increase the amount they receive. Spending less on your food bill by supplementing with SNAP, will provide financial benefits like being able to save for those unexpected expenses. The Outreach Department can help you navigate the SNAP process by assisting you with the application. Please call 508-497-9730 to make an appointment.

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.

Van Drivers:

Louie 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 CREATIVE

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

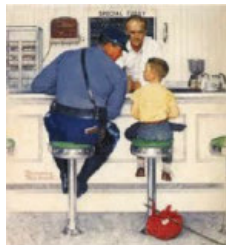
Tote Bag sewing project with Deb Monday, May 16 9:30-11:30

Choose from fabric provided to create your own sewn tote bag. These tote bags are perfect to hold all your sewing or knitting projects, library books, or any of your must have items you carry around with you!



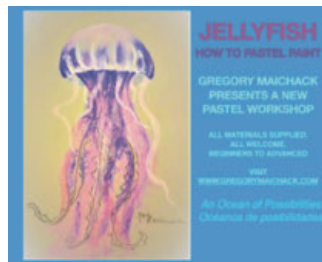
Art Appreciation: Norman Rockwell Remembered Thursday, May 19 1-2:00pm

This month offers a chance to experience many beloved images by Norman Rockwell, to learn about the way he worked, and to hear the stories behind his choices and inspirations.



Jellyfish: How to Pastel Paint Thursday, June 9 1-3pm

Award-winning pastel artist Gregory John Maichack will present "Jellyfish," a pastel painting workshop designed for all. This fun, two-hour workshop, with materials included, guides everyone in producing their own original pastel of a stunning jellyfish.



This program is supported in part from a grant from the Hopkinton Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, and The Friends of Hopkinton Seniors.

Looking for...



Caregiver Support Group In-Person Wednesday, May 18 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

Our Time Memory Café Thursday, May 5 from 1:00pm - 2:00pm

This 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 and form friendships. This 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

Come share ideas and motivate each other. All are welcome! Contact Julia in the Outreach Dept. if you have any questions.

Legal Advice Friday, May 6 and June 3 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.

St. Patrick's Day Party Thanks to everyone who participated!

Photos by John Cardillo/Courtesy of Hopkinton Independent.



MAY 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
Are you signed up for lunch this week? The Chef needs to know how many to plan for each day.				
2 Haddock Nuggets	3 Chicken Parmesan	4 Beef Brisket	5 Chicken Skewers	6 Palak Paneer
9 Mustard Thyme Boneless Pork Chop	10 American Chop Suey	11 Thai Peanut Chicken Stir Fry	12 Pasta Primavera	13 Tilapia
16 Chicken Quesadilla	17 Maple Glazed Salmon	18 Meatloaf	19 Vegetable Stew	20 Coconut Shrimp
23 Beef Gyro	24 Vegetable Lasagna	25 BBQ Ribs	26 Chicken Biryani	27 Salmon
30 CLOSED Memorial Day	31 Chicken Piccata			<i>Menu</i> subject to change
FOOD SERVICE STAFF				
Diana Palmer - Head Chef		Zahra Ali - Chef		
Cate DeCarolis		Richard Munroe		Melissa Menard



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!

May 2: The Adventure of the Peculiar Protocols by Nicholas Meyers

June 6: The Lincoln Highway by Amor Towles



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

Chi Gong 10:30

Instructor: Linda Bellefueille

Meditation 12:00 Twice a month

(Check Calendar)

Instructor: Jeanne Friswell

ARTS/CRAFTS

Pottery

Tuesday 9:30 & 1:00 - \$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 9:30-11:30

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

First Thursday 1:00

Caregiver Support Groups

Third Wednesday 10:30

Every other Friday 10:30 (Virtual)

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 (Virtual)

Advanced Tues 10:30 & Thurs 9:30

Beginner First Thursday 10:45

Legal Advice

First Friday 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:

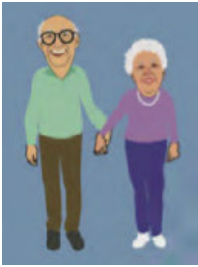
**FRIENDS OF THE HOPKINTON SENIOR CITIZENS,
INC. 28 MAYHEW ST., HOPKINTON, MA 01748**

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

Arthur P. Bergeron is an elder law attorney in the Trusts and Estates Group at Mirick O'Connell.

PLANNING TO PROTECT EACH OTHER

There are two important estate planning strategies that you may want to consider if you are married. However, both are only available if done while both of you are still alive.

ASSET PROTECTION IF YOU NEED A NURSING HOME

While you are both alive, if you need nursing home care and want to qualify for MassHealth, you can do so in most cases by shifting all your assets to your spouse, even at the last minute. The option to shift assets to your spouse ends, though, the moment one of you dies. If the surviving spouse owns all the assets and then needs to go into a nursing home, everything but the home will need to be spent down to less than \$2,000 before the surviving spouse can qualify for MassHealth. Your spouse and you can protect your assets by setting up a trust for the benefit of the surviving spouse through the will of the spouse who dies first. So if you each want to protect the other after one of you has died, you need to plan ahead. Create a will now that will provide a trust for your spouse if you die first.

ESTATE TAX AVOIDANCE

Due to escalating real estate values and large IRAs, most of my clients pass away with assets that exceed a million dollars. That's when the Massachusetts estate tax kicks in. And remember, the initial tax rate on every dollar over \$1M is 40%. That tax will basically redirect assets to the Mass Department of Revenue rather than to your children or other loved ones. Oftentimes, you can eliminate that tax by directing up to \$1M to a trust for the benefit of the surviving spouse. The surviving spouse can be the trustee of that trust and can have access to those assets, but those assets in this trust will not be taxed when the second spouse dies, thus avoiding the estate tax on these assets. In order to take advantage of this asset protection strategy, you must have your estate plan structured properly prior to the death of the first spouse.

When you're talking about nursing home costs and estate taxes, you're talking about money. If you want to save that money, you need to plan ahead while the two of you are alive, and ideally while you are both healthy enough to execute documents. So if you're married and you worry about any of this, talk with an elder law attorney.

For more information, visit Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary. These programs also air on HCAM-TV (Comcast Channel 8; Verizon Channel 30). If you have any questions, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com.

**Paid for by Mirick O'Connell*

Independently Owned and Operated



THOMAS F. CRONIN, Director

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508-435-3951

www.callanancronin.com

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ATTORNEYS AT LAW

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

Arthur P. Bergeron

508.860.1470

abergeron@mirickoconnell.com



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



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

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

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MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Chair Yoga</p> <p>9:00 TRIP: Townsend Antiques and Pickity Place</p> <p>10:30 Exercise w/Linda</p> <p>10:30 Book Club</p> <p>12:30 TED Talk (Hybrid)</p> <p>12:30 Cornhole</p> <p>1:45 Movie Matinee: Mother's Day</p>	<p>3</p> <p>9:00 Stretch/Dr.Binh</p> <p>9:30&1 Pottery</p> <p>10:00 WOW</p> <p>10:00 Zumba</p> <p>10-11 Cultural Conversation:Athens</p> <p>11:00 Balance & Flex</p> <p>11:30 Celebrity Server</p> <p>12:00 Retirement Course</p> <p>12:30 Exercise/Joni</p> <p>1-3 Beginner Knitting</p> <p>1:00 Declutter with Julia</p> <p>2:00 Tap Dance</p>	<p>4</p> <p>9-12 Nurse Available</p> <p>9:30 Hair Appt.</p> <p>9:30 Tai Chi</p> <p>10:00 Coffee Chat</p> <p>1-4 Mah Jong</p> <p>1:00 COA Board Meeting</p>	<p>5</p> <p>9:30 Quilting Group</p> <p>9:30 Knitting Group</p> <p>9:30 Adv. French (Virt)</p> <p>10:30 BP Checks</p> <p>10:45 Beginner French (Virtual)</p> <p>1:00 Pitch</p> <p>1:00 Memory Café</p>	<p>6</p> <p>9:00 Vets Bkfst.</p> <p>9:30 Sew Fun</p> <p>10-11 Individual Legal Appts.</p> <p>10-12 Tech Assistance (Virt)</p> <p>10:30 Chi Gong</p> <p>10:30 Walking Group</p> <p>10:30 Caregiver Support (Virtual)</p> <p>12-1 Meditation</p>
<p>9</p> <p>9:00 Chair Yoga</p> <p>10:30 Exercise w/Linda</p> <p>12:30 TED Talk (Hybrid)</p> <p>12:30 Cornhole</p>	<p>10</p> <p>9:00 Stretch/Dr.Binh</p> <p>9:30&1 Pottery</p> <p>10:00 WOW</p> <p>10:00 Plan B</p> <p>10:00 Zumba</p> <p>11:00 Balance & Flex</p> <p>12:00 Retirement Course</p> <p>12:30 Exercise/Joni</p> <p>1-3 Beginner Knitting</p> <p>2:00 Tap Dance</p>	<p>11</p> <p>9-12 Nurse Available</p> <p>9:30 Hair Appt.</p> <p>9:30 Tai Chi</p> <p>10:00 Coffee Chat</p> <p>10:45 Joy of Movement</p> <p>1-4 Mah Jong</p> <p>2-4 QPR</p>	<p>12</p> <p>9:30 Quilting Group</p> <p>9:30 Knitting Group</p> <p>9:30 Adv. French (Virt)</p> <p>10:30 BP Checks</p> <p>10:45 Beginner French (Virtual)</p> <p>11:30 Birthdays Lunch</p> <p>1:00 Pitch</p> <p>1:00 Healthy Brain Initiative</p>	<p>13</p> <p>9:15 Zumba</p> <p>9:00 Vets Agent</p> <p>9:30 Sew Fun</p> <p>10:00 TRIP: Tower Hill Botanical Gardens</p> <p>10:00 KEEPMOVIN</p> <p>10-12 Tech Assistance (Virt)</p> <p>10:30 Chi Gong</p> <p>10:30 Walking Group</p>
<p>16</p> <p>9:00 Chair Yoga</p> <p>9:30 Crafts w/Deb</p> <p>10:30 Exercise w/Linda</p> <p>12:30 TED Talk (Hybrid)</p> <p>12:30 Cornhole</p> <p>1-3 Loom Weaving</p> <p>1:45 Movie Matinee: Quartet</p>	<p>17</p> <p>9:00 Stretch/Dr.Binh</p> <p>9:30&1 Pottery</p> <p>10:00 WOW</p> <p>10:00 Zumba</p> <p>11:00 Balance & Flex</p> <p>12:00 Retirement Course</p> <p>12:30 Exercise/Joni</p> <p>1-3 Beginner Knitting</p> <p>1:00 Declutter with Julia</p> <p>2:00 Tap Dance</p>	<p>18</p> <p>9-12 Nurse Available</p> <p>9:30 Hair Appt.</p> <p>9:30 Tai Chi</p> <p>10:00 Coffee Chat</p> <p>10:30 Caregiver Support Group</p> <p>10:45 Joy of Movement</p> <p>1-4 Mah Jong</p> <p>4:00 Dementia Friends-Hopkinton Library</p>	<p>19</p> <p>9:30 Quilting Group</p> <p>9:30 Knitting Group</p> <p>9:30 Adv. French (Virt)</p> <p>10:30 BP Checks</p> <p>10:45 Beginner French (Virtual)</p> <p>1:00 Pitch</p> <p>1:00 Art Appreciation: Norman Rockwell Remembered</p>	<p>20</p> <p>9-2 Plant & Book Sale</p> <p>9:15 Zumba</p> <p>9:30 Sew Fun</p> <p>10-12 Tech Assistance (Virt)</p> <p>10:30 Chi Gong</p> <p>10:30 Walking Group</p> <p>10:30 Caregiver Support (Virtual)</p> <p>12-1 Meditation</p> <p>9-12 Sat Plant & Book Sale</p>
<p>23</p> <p>9:00 Chair Yoga</p> <p>10:00 Friends Meeting</p> <p>10:30 Exercise w/Linda</p> <p>12:30 TED Talk (Hybrid)</p> <p>12:30 Cornhole</p> <p>1-3 Loom Weaving</p>	<p>24</p> <p>9:00 Stretch/Dr.Binh</p> <p>9:30&1 Pottery</p> <p>10:00 WOW</p> <p>10:00 Zumba</p> <p>11:00 Balance & Flex</p> <p>12:00 Retirement Course</p> <p>12:30 Exercise/Joni</p> <p>1-3 Beginner Knitting</p> <p>2:00 Tap Dance</p>	<p>25</p> <p>9-12 Nurse Available</p> <p>9:30 Hair Appt.</p> <p>9:30 Tai Chi</p> <p>10:00 Coffee Chat</p> <p>10-11 Cultural Conversations: Jerusalem</p> <p>10:45 Joy of Movement</p> <p>1-4 Mah Jong</p>	<p>26</p> <p>9:30 Quilting Group</p> <p>9:30 Knitting Group</p> <p>9:30 Adv. French (Virt)</p> <p>10:30 BP Checks</p> <p>10:45 Beginner French (Virtual)</p> <p>1:00 Pitch</p>	<p>27</p> <p>9:00 Vets Agent</p> <p>9:15 Zumba</p> <p>9:30 Sew Fun</p> <p>10:00 KEEPMOVIN</p> <p>10-12 Tech Assistance (Virt)</p> <p>10:30 Chi Gong</p> <p>10:30 Walking Group</p>
<p>30</p> 	<p>31</p> <p>9:00 Stretch/Dr.Binh</p> <p>9:30&1 Pottery</p> <p>10:00 WOW</p> <p>10:00 Zumba</p> <p>11:00 Balance & Flex</p> <p>12:00 Retirement Course</p> <p>12:30 Exercise/Joni</p> <p>1-3 Beginner Knitting</p> <p>2:00 Tap Dance</p>			<p>#KEEPMOVIN</p>



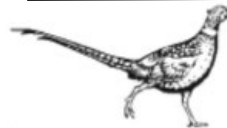
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FRIENDS OF THE HOPKINTON SENIORS, INC.

(a 501c3 organization)

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

May Meeting is scheduled for Monday, May 23

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

MAY 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, May 2: Mother's Day- Run time: 1hr 58 min. Three generations come together in the week leading up to Mother's Day.



Monday, May 16: Quartet-PG-13- Run time: 1 hr. 38 min

At a home for retired musicians, the annual concert to celebrate Composer Giuseppe Verdi's birthday is disrupted by the arrival of Jean (Dame Maggie Smith), an eternal diva and the former wife of one of the residents.

May Senior View

"Meditation/Mindfulness"

Guests: Robin Natanel and Carol Walsh

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

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.



May

Reflection by Mary McLeod

**Your Heart is your "May Basket".
Fill it by loving others each day.**

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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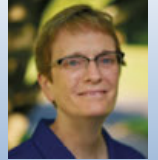
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VETERANS CORNER

HOPKINTON VETERANS BREAKFAST May 6 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.

May 6: Sponsored by Hopkinton Historical Society
June 3: Sponsored by Fairview Estates



Veterans Services Department At the Hopkinton Senior Center

Agent Hours are: 9am-11:30am Friday on:
May 13 & 27

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

MEDICARE UPDATES

High Prescription Drug Costs? Prescription Advantage May Help!



Prescription Advantage is a state assistance program which may lower the amount you pay for prescription drugs. Members are also allowed to join or change their Medicare drug plan or Medicare Advantage plan one time per calendar year. Eligibility is based on **income only** and there is **no asset limit!**

Who can join?

For Massachusetts residents eligible for Medicare, Prescription Advantage may provide secondary drug coverage if you are:

- 65 or older with an annual income at or less than \$67,950 for a single person or \$91,550 for a married couple OR
- Under 65 with a disability, with an annual income at or less than \$25,549 for a single person or \$34,423 for a married couple

The SHINE Program can help you apply for Prescription Advantage. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-243-4636.

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