

The **HILLTOPPER**

Hopkinton's Hub for Boomers and Beyond
Hopkinton Senior Center



Helping Your Kids (and Grandkids) **Wednesday, July 27 at 1pm**

Faced with many new expenses some parents and grandparents think about financially helping out their children and grandchildren. But can giving money do more bad than good for your loved ones? Do you want to help the grandchildren get through college while not affecting their potential student aid? Do you want to help a child or grandchild who has special needs while not disqualifying them from government programs? In this seminar, elder law attorney Arthur Bergeron helps you figure out how you can help your family without hurting or hindering other programs and services they may qualify for.

REMINDER:

The Senior Center is closed to the public from Monday, July 4 through Friday, July 8 for Spring Cleaning. We will still be available on the phone during regular business hours.



Hopkinton Senior Center

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

Friday - 8:30am - 2:00pm

28 Mayhew Street

Hopkinton, MA 01748

(508) 497-9730

www.hopkintonseniorcenter.com

New Exercise Punch Cards Are Here

This June we are rolling out a new way of paying for exercise classes. Similar to our lunch program, we're now offering pre-paid punch cards for exercise classes.

Punch cards will be left at the Receptionist desk so no need to remember to bring it with you. You do not have to purchase a separate punch card for each specific exercise class you take. Your punch card will be used for any exercise class you choose to participate in.

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.

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
Lisa Deneen Receptionist	1619

A Letter from the Director

It is hard to believe that it was only a year ago in May that we reopened the Senior Center for in-person activities and programs! Time flies when you are having fun, and we are happy to report that our reopening was not only successful but that we are now offering more activities and programs than ever before! I know the staff joins me in saying how happy we are that we are fully operational and that you are all back in house.

Summer is upon us and we hope that you will enjoy and use our outdoor spaces - our Bocce Court, horseshoe pit and chess table are waiting for your use. We even have a Cornhole set or two for your use. If you would like us to set them up outside so you can play a few games with friends or get in some practice before any family cookouts this summer please let us know!

As many of you know, Sue Stewart retired as our Volunteer Coordinator at the end of May. She has been an incredible part of our team here at the Senior Center and will be missed by all of us. Luckily she lives in town, so we expect to see her back here taking part in programs and hopefully joining us as a volunteer. I know the staff will miss her enthusiastic, joy filled and thoughtful presence but we wish her all the best on her retirement and the chance to spend more time with family, especially her grandchildren!

June is Alzheimer's and Brain Awareness Month. We appreciate those volunteers who are hard at work helping Hopkinton become recognized as a Age and Dementia Friendly Community. If you are interested in supporting us as we work towards this goal, please consider taking one of our Dementia Friends Information programs this month. Make sure to look for our next Information Session in the newsletter or call the Senior Center to find out when you can attend one.

Summer is a great time to #KeepMovin and I look forward to seeing you all here!

Amy Beck, Director

COUNCIL ON AGING BOARD

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

Donna Deneen
Gale Levine
Pat Srodawa
Sue Pearson

Upcoming board meetings:
June 1 at 1:00pm No July Meeting



LGBTQ + friendly



Cultural Conversations: Antarctica and its Penguins

Thursday, June 23
10:30am-11:30am -
Virtual Program

Antarctica is known as the coldest, windiest, and driest continent in the world, and is also home to many of the world's penguin species. We'll learn all about these incredible birds while also visiting Antarctica and Patagonia in this exciting armchair lecture.



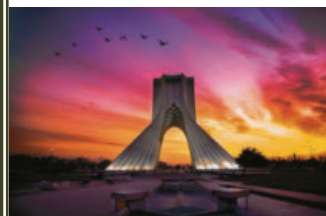
Pizza Party featuring a special musical performance by Hopkinton's very own John Guido

Thursday, June 30 12:30-2pm

This pizza party is the perfect topping to a fantastic spring and a wonderful way to welcome in summertime! This event is sponsored by the Friends of Hopkinton Seniors. Cost: Free for Hopkinton Seniors; \$5 for non-Hopkinton seniors (*no regular lunch scheduled for this day*) Please RSVP by: June 27th.

Cultural Conversations: Tour of Persia

Wednesday, July 20 10:30am-11:30am - **Virtual Program**



Join us for an exciting tour as we time travel back to learn about the history, culture and architecture of ancient Persia in addition to modern-day Iran. We'll hear stories and visit the cities of Tehran, Shiraz, Yazd, and Isfahan, just to name a few.

Tune Timers Holliston Band Musical Afternoon

Thursday, July 28, 1pm

Looking for a way to cool off this summer? Stop in for an afternoon of fun with this cool band from the Holliston Senior Center. They play both the old, and not-so-old songs you love to listen to. There's plenty of room to sit back, relax, and listen to the music or to get up and dance. Light refreshments will served. Please call to RSVP.

Lunch Break Learning with Great Courses: How to Plan for the Perfect Retirement

Every Tuesday in June: 12:00-12:30 pm

Virtual Program

We'll continue with our video series on planning for retirement. Join us via Zoom 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. Sign up for the whole series, or just the topics you're interested in. Stop in to the Senior Center for the full course schedule.

CREATING INCLUSIVE COMMUNITIES

Help Make Hopkinton Dementia Friendly

Wednesday, June 1 from 3:30 - 5:00 pm at Fairview Estates: 132 East Main Street, Hopkinton

Turn your new understanding of dementia into practical action that can help someone with dementia living in our community.



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

Attend a one-hour Dementia Friends Info 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.

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



Monday, June 13 10-11am

Wednesday, June 15 12:30-1:30pm

For the past several months we've been asking volunteers to complete a required EOEA one hour workshop titled: Prevention and Elimination of Discrimination Based on Sexual Orientation and Gender Identity and Expression. Our goal is to get all volunteers to complete this workshop by the end of June. If you have not already done so, please register for a one hour workshop with the receptionist. If you would prefer to complete this training on your own, instead of in a group setting, please let us know.



Music with Ken DoRosario for adults living with Memory Issues

Friday, June 24 from 1-2pm at the Hopkinton Cultural Arts Center (98 Hayden Rowe, Hopkinton) 508-435-9222

This is a special musical concert for individuals living with memory issues and their families and caregivers. Ken DoRosario is a Music Therapist from the Greater Boston area. He not only entertains but encourages audience participation in singing and playing instruments along with him.

Please pre-register for this FREE event by visiting: www.HopArtsCenter.org.

HEALTH AND FITNESS

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



Podiatry Services

Monday, June 27 call for appointment times \$35 paid directly to Dr. Cooper. For program to run a minimum of 8 people is needed. *Next appointment is August 22.*

Hearing Aid Cleaning with Audiologist

Thursday, June 16 at 12:30 & Thursday, July 14 at 12:30 Audiologist, Darcy Repucci of Hopkinton Audiology will be providing free hearing aid cleanings. Please pre-register.

Durable Medical Equipment (Hopkinton resident use only)

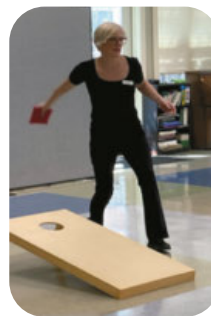
We maintain an extensive inventory of durable medical equipment to loan out. Whether you need a transport chair to get through a busy weekend, a walker while recovering from surgery, a handy cane for everyday use, or any other equipment, call us first before purchasing equipment on your own. Wheelchairs and transport chairs require a refundable security deposit, but otherwise items are free to borrow on a first come, first serve basis.

TAKE IT OUTSIDE

These outdoor activities are all available during regular business hours, weather permitting. Just stop in to the Receptionist Desk to check out the needed equipment.

Cornhole

A popular bean bag toss game. Looking to learn? 1-3 pm on Mondays we have Indoor Beginner Cornhole.



Horseshoes

Feelin' lucky? Stop in for a friendly game or two or horseshoes.



Chess

Our stone chess table on the back patio is calling your name! Looking for a challenger? Give us a call, we'll help coordinate the match.

Bocce

We won first place in 2019 and boy did we love it! Our court is prepped and ready so lets start practicing for this year's tournament.

MON

TUE

WED

THU

FRI

No Bus Transportation	Senior Center Programs 9:00-3:00	Senior Center Programs 9:00-3:00	Senior Center Programs 9:00-3:00	Senior Center Programs 9:00-3:00
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12:45-3:00 Shopping

12:45-3:00 Market Basket-Bellingham

1:00-2:00 Price Chopper

Monday - Friday

Local Medical Rides provided, dependent on Volunteer Drivers Availability
Not available for individuals living in congregate living facilities
Please call the Outreach Department to Schedule: 508-497-9730

Early Reservations requested for all rides.

Suggested ride donation (unless otherwise stated)

\$1 Round trip within Hopkinton

\$3 Round trip outside of Hopkinton

Van Drivers:

Louie Mongiat

Karen Coopridner x1627

DAY TRIPS

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

Louisa May Alcott's Orchard House, Monday, June 13

Leave: 9:00am Estimated Return: 2:30pm

Cost \$15 (bus and museum only)

Take a guided tour of the home that inspired *Little Women*. Then grab lunch at Concord's Colonial Inn.

**Please note that the second floor of the museum is only accessible by stairs.*

Hampton Beach Thursday, June 23

Leave: 9:00am Estimated Return: 4:00pm

Cost \$10 (Lunch not included)

Walk along the beach and check out the 2022 Master Sand Sculpting Classic then head to Markey's for lunch.

Butterfly Place Friday, July 1

Leave: 9:30am Estimated Return: 3:30pm

Cost \$20 (bus and museum only)

Take a trip to Butterfly Place to walk through the beautiful atrium and explore the exhibits. Grab lunch (pay on your own) at Burton's Grill on the way home.

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

Leave: 9:00am Estimated Return: 5:00pm

The Ultimate Tribute show featuring Neil Diamond, Carole King, Karen Carpenter, Johnny Cash, Roy Orbison, The Everly Brothers, Elvis, The Eagles and more!

Cost \$85—Choice of chicken or lobster. **Pay at Signup**

RI Lighthouse Cruise (Twin Oaks) Monday, Aug 1

Leave: 10:00am Estimated Return: 4:00pm

Cost \$47 (Bus, Lunch, and Cruise) **Pay at Signup**

We'll enjoy a picnic lunch made by the Senior Center before boarding our cruise around Narragansett harbor viewing 10 different Rhode Island lighthouses.

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

OUTREACH**Nutrition Cost Savings Programs**

Farmers Market Season is here! We have some great info to share with you on how to make your dollars go farther at the farmer's market this summer.

Farmers Market Coupons! We are able to distribute a limited number of farmers market coupons this July, which can be used at some local Farmers Markets (including Hopkinton). These coupons can buy about \$25.00 of fresh produce.

To be eligible, you must be 60 or over and have an income of no more than \$23,828 a year or \$1986.00 a month for one person, and \$32,227 a year or \$2686.00 a month for two people. Call the Outreach Department right away if you are interested in receiving a coupon or want to learn more about this program. Coupons are limited.

Extend your SNAP benefits thru HIP!

HIP (Healthy Incentives Program) is used at participating farmers markets. HIP is part of the SNAP program. HIP puts money back on your EBT card, when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors. You may have \$40.00 month to spend on fresh produce! You need to make sure you have SNAP dollars left on your card. HIP will put the SNAP dollars you spend on HIP produce back onto your EBT card instantly, so you get more money to use for food! Once the money has been put back on your EBT card, you can spend it at any SNAP retailer like always. Call the Outreach Dept for questions on this great program!

FEELING CREATIVE

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

Knitting for Beginners

Tuesdays: 1pm-3pm

Calling all knitters: Stop by Tuesday afternoons if you're looking to learn or refresh your memory on the basics of knitting or if you're stuck on a project or want to share pattern ideas.

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

Award-winning pastel artist Greg Maichack will host "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.

Art Appreciation: J.M.W. Turner: The Pride of Great Britain Thursday, June 16 from 1-2pm

The featured topic, J. M. W. Turner, the *Pride of Great Britain*, features one of Great Britain's most controversial and beloved 19th Century painters. Explore his light-infused images with bright colors and unusual brushwork which were a mystery to many of those around him, and a powerful inspiration to those who followed.



Fabric Stars Craft with Deb Monday, June 13 at 9:30-11:30am

Get ready for Independence Day with these red, white, and blue festive fabric stars. The perfect decoration to hang in the window, off your mantle, or around your home to show your patriotic pride.



Bemis Turtle Succulent Craft Wednesday, July 13 1:00pm

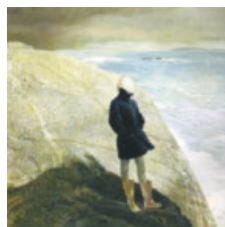
Cost: \$10 please pay at sign up

Come make this cute garden turtle with a variety of succulents. The perfect addition inside or outside to spruce up your home!



Art Appreciation: Early New England Seascapes Thursday, July 21 from 1-2pm

Enjoy a selection of images by several prominent American artists—Winslow Homer, Edward Hopper, and Andrew Wyeth, to name a few. Increase your understanding of all that goes into the creation of an effective seascape painting.



Looking for...



Caregiver Support Group

In-Person Wednesday, June 15 & July 20 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, June 2 and July 14 (Please note date change)
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, June 3 and July 1 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 Coffee Hour (Virtual Program)

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

Julie Nowak (she/they) hosts a chat about this n' that! Visit:

www.baypath.org for more info or call their confidential helpline: 508-573-7288.

*RSVP to Julie directly by email: jnowak@baypath.org



50+ Job Seekers in MA sponsored by MCOA

FREE Interactive Workshops and Special Events to help 50+ job seekers have successful job search campaigns. Our Savvy Seeker Series provides info on programs, resources, and additional topics for the 50+ community. For more info, visit:

<https://50plusjobseekers.org/> or email Karen Sowsy:
Karen.50plusjobseekers@gmail.com.

JUNE/JULY 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.				
<i>Menu</i> subject to change		1 Spinach Pie	2 Chicken Pot Pie	3 Coconut Shrimp
6 Lasagna	7 Taco Bowl	8 Chicken Cordon Bleu	9 Palak Paneer	10 Salmon
13 Chicken Cacciatore	14 Glazed Ham Steak	15 Turkey Cobb Salad	16 Tilapia	17 Aloo Matar
20 CLOSED Juneteenth	21 Swordfish with Citrus Salsa	22 Chicken Marsala	23 Pasta Primavera	24 Chili
27 Balsamic Pork Loin	28 Pesto Chicken	29 Shrimp Scampi	30 Pizza Party No regular lunch	JULY 1 NO LUNCH Closing at Noon
Closed from July 4 through July 8 for Annual Spring Cleaning				
11 Baked Lemon Garlic Salmon	12 Roast Turkey	13 Build a Burger	14 Chicken Biryani	15 Pasta Primavera
18 French Onion Stuffed Pork Loin	19 Chicken Enchilada	20 Chef Salad	21 Salmon	22 Mediterranean Kabobs
25 Thai Peanut Chicken Stir Fry	26 Eggplant Parmesan	27 Clam Chowder & Lobster Roll	28 Meatloaf	29 Chicken Skewers

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.

At our meeting you can relax, bring something to drink; all while enjoying book reviews and socializing!

June 6: The Lincoln Highway by Amor Towles

July 11: The Lost and Found Bookshop by Susan Wiggs

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

The online store will open

June 7 thru June 21 July 7 thru July 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 new fleece vests! The store is available online at: hscapparel2022.itemorder.com
Call us if you need help ordering online.

JUNE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9-12 Nurse Available 1 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:45 Joy of Movement 1-4 Mah Jong 1:00 COA Board Meeting 3:30 Dementia Friends Info at Fairview Estates	9:30 Quilting Group 2 9:30 Knitting Group 9:30 Adv. French (Virt) 10:30 BP Checks 10:45 Beginner French (Virtual) 1:00 Pitch 1:00 Memory Café	9:00 Vets Bkfst. 3 9:30 Sew Fun 10-11 Individual Legal Appts. 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virtual)
9:00 Chair Yoga 6 10:30 Exercise w/Linda 10:30 Book Club 12:30 Indoor Cornhole 1:00 Indoor Cornhole 1:45 Movie Matinee: Gen Silent	9:00 Stretch/Dr.Binh 7 9:30&1 Pottery 10:00 WOW 10:00 Zumba 11:00 Balance & Flex 11:30 Celebrity Server 12:00 Retirement Course 12:30 Exercise/Joni 1-3 Beginner Knitting 1:00 Declutter with Julia 2:00 Tap Dance	9-12 Nurse Available 8 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:45 Joy of Movement 1-4 Mah Jong	9:30 Quilting Group 9 9:30 Knitting Group 9:30 Adv. French (Virt) 10:30 BP Checks 10:45 Beginner French (Virtual) 11:30 Birthday Lunch 1:00 Pastel Paint 1:00 Pitch	9:00 Vets Agent 10 9:15 Zumba+Toning 9:30 Sew Fun 10:00 KEEPMOVIN 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group 12-1 Meditation&Movement
9:00 Chair Yoga 13 9:00 TRIP: Louisa May Alcott's Orchard House 9:30 Craft class with Deb 10:00 Volunteer Training 10:30 Exercise w/Linda 1:00 Indoor Cornhole 1-3 Loom Weaving	9:00 Stretch/Dr.Binh 14 9:30&1 Pottery 10:00 WOW 10:00 Plan B 10:00 Zumba 11:00 Balance & Flex 12:00 Retirement Course 12:30 Exercise/Joni 1-3 Beginner Knitting 2:00 Tap Dance	9-12 Nurse Available 15 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:30 Caregiver Support Group 10:45 Joy of Movement 12:30 Volunteer Training 1-4 Mah Jong	9:30 Quilting Group 16 9:30 Knitting Group 9:30 Adv. French (Virt) 10:30 BP Checks 10:45 Beginner French (Virtual) 12:30 Hearing Aid Clinic 1:00 Art Appreciation 1:00 Pitch	9:15 Zumba+Toning 17 9:30 Sew Fun 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virtual)
20 CLOSED IN OBSERVATION OF JUNETEENTH	9:00 Stretch/Dr.Binh 21 9:30&1 Pottery 10:00 WOW 10:00 Zumba 11:00 Balance & Flex 12:00 Retirement Course 12:30 Exercise/Joni 1-3 Beginner Knitting 1:00 Declutter with Julia 2:00 Tap Dance	9-12 Nurse Available 22 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:45 Joy of Movement 1-4 Mah Jong	9:00 TRIP: Hampton Beach 23 9:30 Quilting Group 9:30 Knitting Group 9:30 Adv. French (Virt) 10:30 BP Checks 10:30 Cultural Conversations 10:45 Beginner French (Virtual) 1:00 Pitch	9:00 Vets Agent 24 9:15 Zumba+Toning 9:30 Sew Fun 10:00 KEEPMOVIN 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group 12-1 Meditation&Movement
9:00 Chair Yoga 27 9:30 Podiatry Services 10:00 Friends Meeting 10:30 Exercise w/Linda 12:30 TED Talk (Hybrid) 1:00 Indoor Cornhole 1-3 Loom Weaving	9:00 Stretch/Dr.Binh 28 9:30&1 Pottery 10:00 WOW 10:00 Zumba 11:00 Balance & Flex 12:00 Retirement Course 12:30 Exercise/Joni 1-3 Beginner Knitting 2:00 Tap Dance	9-12 Nurse Available 29 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:45 Joy of Movement 1-4 Mah Jong	9:30 Quilting Group 30 9:30 Knitting Group 9:30 Adv. French (Virt) 10:30 BP Checks 10:45 Beginner French (Virtual) 12:30 Pizza Party 1:00 Pitch	<h2 style="color: green; font-weight: bold;">#KEEPMOVIN</h2>

FRIENDS OF THE HOPKINTON SENIOR CITIZENS, INC. 501c3

2022 Membership and Donation Form: (Annual Dues \$5)

NAME _____

ADDRESS _____

PHONE: _____

EMAIL: _____

Paperless emailed Hilltopper? Yes No

Checks may be made payable and mailed to:

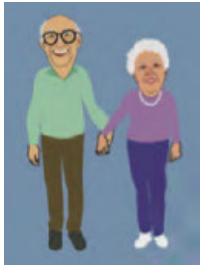
FRIENDS OF THE HOPKINTON SENIOR CITIZENS INC.

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.

ELDER LAW FOR SINGLES

Whether you are widowed, divorced, or single, your estate planning and asset protection strategies are different from those of married people. Here are a few examples.

PROBATE AVOIDANCE

Typically, a couple owns their assets jointly, so if one dies, the other becomes the sole owner. If you're single, though, and you die owning assets without clearly designating your beneficiary(s), the assets must go through probate, which may cost your beneficiaries a lot of money (typically \$3K-6K) and a lot of time (at least a year) before assets can be distributed. If you worry about this, here are some simple tips:

- Create a revocable and amendable trust, make yourself the trustee, and transfer your assets to yourself as trustee. You'll keep complete control until you die, but following your death, the trust assets can be distributed immediately without probate.
- Name someone (typically a trusted child or friend) as a joint owner of your assets with you, and ask that person to distribute the assets after you die as you direct. However, this is not a perfect solution because this can expose the assets to risk while you are alive if the joint owner gets sued or divorced, and after you die, you are trusting the joint owner to do what you have asked. If you're comfortable with those risks, this is a really inexpensive way to avoid probate.
- Give assets away before you die, or name someone you trust as your Power of Attorney agent to do so if you get sick and it appears you may die soon. As long as you trust that person, you can keep control of your assets until just before you die while still avoiding probate. Finally, whatever you gave away before you died (even the day before) will be subtracted from your taxable estate and thereby reduce your estate tax. And remember, unless you are giving away a total of more than \$12M during your lifetime, there is no gift tax.

ASSET PROTECTION

If you're worried that you may inadvertently end up leaving all your money to a nursing home, then the only way to protect any assets you want to save is to give them away and wait five years. You could also transfer the assets to your most trusted child as trustee of an irrevocable trust. This strategy also ends up avoiding the probate process (see above), and you could also structure this to avoid estate taxation.

The point, though, is that your estate plan options are different when you are single, so if you are widowed, divorced, or single, you should review your plan 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 abergeon@mirickoconnell.com.

**Paid for by Mirick O'Connell*

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THOMAS F. CRONIN, Director

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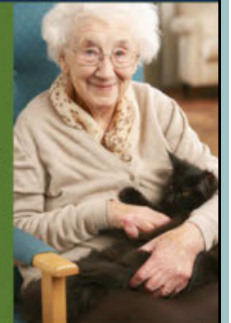
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To learn how Mirick O'Connell's
Estate Planning
Elder Law Attorneys
can assist you and your loved ones, contact

Arthur P. Bergeron
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abergeon@mirickoconnell.com



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



Follow our Blog:
"Getting All Your 'Docs'
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Excellence in client service.
Excellence in value.

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Hopkinton Council on Aging, Hopkinton, MA 06-5108

JULY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>#KEEPMOVIN</h1>				<p>1</p> <p>9:00 Vets Bkfst. 9:30 Sew Fun 10:00 TRIP: Butterfly Place 10-11 Individual Legal Appts. 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virtual) No LUNCH Closing at Noon</p>
<div style="display: flex; justify-content: space-between;"> <div style="text-align: left;">  <p>4</p> </div> <div style="text-align: center;"> <p>5</p> <p>NO COA MEETING</p> <p>6</p> </div> <div style="text-align: right;"> <p>7</p> <p>8</p> </div> </div> <h2 style="text-align: center;">CLOSED THE WEEK OF JULY 4TH</h2>				
<p>11</p> <p>9:00 Chair Yoga 10:30 Book Club 10:30 Exercise w/Linda 12:30 Indoor Cornhole 1-3 Loom Weaving</p>	<p>12</p> <p>9:00 Stretch/Dr.Binh 9:30&1 Pottery 10:00 WOW 10:00 Plan B 10:00 Zumba 11:00 Balance & Flex 11:30 Celebrity Server 12:30 Exercise/Joni 1-3 Beginner Knitting 2:00 Tap Dance</p>	<p>13</p> <p>9-12 Nurse Available 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:45 Joy of Movement 1:00 Bemis Turtle Craft 1-4 Mah Jong</p>	<p>14</p> <p>9:30 Quilting Group 9:30 Knitting Group 9:30 Adv. French (Virt) 10:30 BP Checks 10:45 Beginner French (Virtual) 11:30 Birthday Lunch 12:30 Hearing Aid Clinic 1:00 Pitch 1:00 Memory Café</p>	<p>15</p> <p>9:00 Vets Agent 9:15 Zumba+ Toning 9:30 Sew Fun 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virtual) 12-1 Meditation&Movement</p>
<p>18</p> <p>9:00 Chair Yoga 9:30 Crafts w/Deb 10:30 Exercise w/Linda 12:30 Indoor Cornhole 1-3 Loom Weaving 1:45 Movie Matinee: Still Alice</p>	<p>19</p> <p>9:00 Stretch/Dr.Binh 9:30&1 Pottery 10:00 WOW 10:00 Zumba 11:00 Balance & Flex 12:30 Exercise/Joni 1-3 Beginner Knitting 1:00 Declutter with Julia 2:00 Tap Dance</p>	<p>20</p> <p>9-12 Nurse Available 9:00 TRIP: Fosters Lobster Bake 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:30 Caregiver Support Group 10:30 Cultural Conversations 10:45 Joy of Movement 1-4 Mah Jong</p>	<p>21</p> <p>9:30 Quilting Group 9:30 Knitting Group 9:30 Adv. French (Virt) 10:30 BP Checks 10:45 Beginner French (Virtual) 1:00 Art Appreciation 1:00 Pitch</p>	<p>22</p> <p>9:15 Zumba+Toning 9:30 Sew Fun 10:00 KEEPMOVIN 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group 12-1 Meditation&Movement</p>
<p>25</p> <p>9:00 Chair Yoga 10:00 Friends Meeting 10:30 Exercise w/Linda 12:30 TED Talk (Hybrid) 1:00 Indoor Cornhole 1-3 Loom Weaving</p>	<p>26</p> <p>9:00 Stretch/Dr.Binh 9:30&1 Pottery 10:00 WOW 10:00 Zumba 11:00 Balance & Flex 12:30 Exercise/Joni 1-3 Beginner Knitting 2:00 Tap Dance</p>	<p>27</p> <p>9-12 Nurse Available 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:45 Joy of Movement 1:00 Helping Your Kids 1-4 Mah Jong</p>	<p>28</p> <p>9:30 Quilting Group 9:30 Knitting Group 9:30 Adv. French (Virt) 10:30 BP Checks 10:45 Beginner French (Virtual) 1:00 Tune Timers 1:00 Pitch</p>	<p>29</p> <p>9:00 Vets Agent 9:15 Zumba+Toning 9:30 Sew Fun 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virtual)</p>



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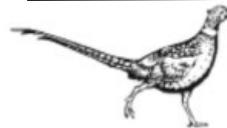
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June/July Movies



Mondays at 1:45pm in the Library

Monday, June 6: Gen Silent Documentary and Guided Discussion

- TV-PG - Run time: 1hr 10 min.

This 2010 documentary chronicles the lives of six older adults living in the Greater Boston area and reveals their challenges, fears, hopes, and struggles for equality. New fears about discrimination, or worse, in health care/long-term care, causes some older adults to fear asking for help and causes them to hide their past lives.



****Julie Nowak, BayPath's LGBTQ+ Initiative Coordinator, will facilitate a guided discussion following the documentary.**



Monday, July 18: Still Alice

-PG-13- Run time: 1hr 41min

The multi-award winning film, inspired by a true story, tells the story of a Columbia University linguistics professor and her family as they find their bonds tested when she is diagnosed with early-onset Alzheimer's Disease.



It's been a few years, but we're excited to announce the return of our Annual Variety Show this October!

Stay tuned for a date, but while you're waiting, start thinking about how you'd like to participate. Do you sing, dance, tell a few jokes, play an instrument, or know a few fun party tricks? We're looking for a VARIETY of acts so feel free to get creative!



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 at the Center!

Available on HCAM cable channels and YouTube.

June Senior View

"The Story of Miss Ellen Duffy

Guest: 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

FRIENDS OF THE HOPKINTON SENIORS, INC.

(a 501c3 organization)

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

****June Meeting is scheduled for Monday, June 27****

****No meeting in July and August****

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

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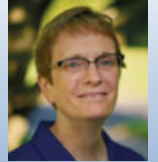
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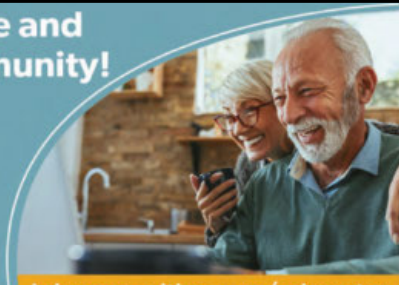
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VETERANS CORNER

**HOPKINTON
VETERANS
BREAKFAST**
June 3 at 0900
July 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.

June 3: Sponsored by Fairview Estates
 July 1: Sponsored in Memory of Joe Pyne from his family



Veterans Services Department
 At the Hopkinton Senior Center

Agent Hours are: 9am-11:30am Friday on:
June 10 & 24
July 15 & 29

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

MEDICARE UPDATES

Medicare Questions?

Are you turning 65 in the next three months?



Are you over 65 and need to enroll soon?

Do you understand your Medicare deadlines and options?

Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the SHINE (Serving Health Insurance Needs of Everyone...on Medicare) program. 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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