

The **HILLTOPPER**

Hopkinton's Hub for Boomers and Beyond
Hopkinton Senior Center



Repair Café 2022

Saturday, September 24 9-12pm

Many people have items that don't work quite right – tables with wobbly legs, scissors or garden tools that no longer cut very well, lamps with balky switches, and so on. People either put up with the annoyance, or wind up throwing out otherwise good items. Repair Café is a movement to address this problem. It's a community event where people bring their not-quite-working-right-but-too-good-to-throw-away items, and other community members help repair them. There is no charge unless replacement parts are needed. Similar events have been held in over two dozen towns across Massachusetts in recent years.

If you have an item you already know you'd like repaired please give us a call so we can make every effort to ensure we have the necessary volunteer support needed. If you enjoy fixing things, then we could use your help! We're looking for volunteers to help us with general furniture repair, lamp rewiring, knife and tool sharpening, mending, small appliance repair, to name a few things.



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

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
Robyn Goldberg Volunteer Coordinator	1618

AARP Driver Safety Course

Thursday, September 29 9:30-3pm with a break for lunch

Cost: \$20 for AARP members and \$25 for non-members

(lunch not included in cost)

Space is limited to 20 individuals. Pre-registration is required.

Even the most experienced drivers can benefit from brushing up on their driving skills. This is the nation's largest driver safety course and is designed especially for drivers aged 50 and older. Attendees will review current laws, defensive driving techniques, and how to drive safely in today's increasingly challenging driving environment. You may even be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required and no road tests are required to pass this course.

Senior Center Annual Variety Show Returns

Thursday, October 13 1-3pm

Show time is getting closer and we hope you've been thinking about your act! If you can sing, dance, tell jokes, juggle, play an (air or real) instrument, or have some other hidden ability, and you're interested in participating let us know! Acts should be no more than 5 minutes. Not sure what to do? We can help you come up with something!

Important dates:

Initial Variety Show Meeting, Thursday, September 8, 1-2 pm

First Rehearsal, Thursday, September 22, 1-3pm

Dress Rehearsal, Thursday, October 6, 9:30-11:00am



A Letter from the Director

Happy summer and I hope you are enjoying the great weather! We are very excited to welcome Robyn Goldberg as our new Volunteer Coordinator. Robyn has already been hard at work reaching out to our volunteers, setting up schedules and trying to meet as many of you as she can. Please make sure to say "hi" to her as you move around the Senior Center. And if you are interested in finding out about the volunteer opportunities that we have, feel free to stop in and talk with Robyn.

Summer is in full swing at the Senior Center and our outdoor spaces are no exception. Our Bocce Court, horseshoe pit and chess table are awaiting your use. As some of you know, we have a Cornhole set (or two) for your use. If you would like us to help set them up outside so you can play a few games with friends or get in some practice before family cookouts this summer, please let us know! Our chess table is looking for players so bring along a friend and enjoy a relaxing afternoon in the shade of our gardens (chess pieces can be requested at the front desk). Sitting on our back patio enjoying our gardens is another great spot to visit with friends or enjoy the patio with a good book.

Along with the outdoor spaces, our indoor programming continues to offer lots of fun, exciting, educational, and active ways to keep you active and engaged this summer all while enjoying the air conditioned environment. Stay for lunch, take in a movie, card game, play some pool, or just enjoy putting together a puzzle in our lobby.

With the good weather we hope that you will take advantage of all our indoor and outdoor spaces and activities. Summer is a great time to #KeepMovin and we look forward to seeing you all here!

Amy Beck, Director

CULTURAL ACTIVITIES

Journey Through France Slide Show

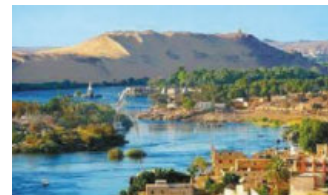
Thursday, August 11 1-2pm

Recently a group of Hopkinton seniors, who met and became friends while taking French language classes at the Senior Center, planned their own group trip through France. Wanting to share their travels with others in the community, they have compiled over 200 photos into a beautiful slideshow experience. Come indulge in an arm chair trip across France.

Sailing the River Nile

Tuesday, August 16 10-11:00am—**Virtual Program**

We'll travel by motor boat, on the longest river in the world. You'll explore the differences between the East and West Banks, take in the wildlife and explore the historical significance of the Nile.



Ice Cream Social featuring Classical Indian Dancing

Thursday, August 25 1-3pm

I scream, you scream, we all scream for ice cream! Join us for an end of summer afternoon of fun sponsored by the Friends of Hopkinton Seniors. Ice cream from the Spoonery will be served and we'll be treated to an amazing Classical Indian Dance performance from rising Hopkinton 7th grader, Harini Jeyaraman.



The Beatles in Swinging London

Thursday, September 8 2:30-3:30pm - **Virtual Program**

Step up for this Magical Mystery Tour and come along as we visit the Beatles London haunts. Traveling back to the swinging 60's when Beatlemania ruled the world, we'll visit theaters, recording studios, offices, and public toilets associated with the 'Fab



COUNCIL ON AGING BOARD

Nancy Drawe, Chairman
Jack Palitsch, Treasurer
Gale Levine
Stacey Schmidt
Don Wolf

Donna Deneen
Sam Docknevich
Pat Srodawa
Sandra Story

Upcoming board meetings:

Wednesday, August 3 and September 7 at 1:00pm



"Hopkinton Senior Center"

LGBTQ + friendly



TED Talks Discussion Group

Monday, August 29 12:30pm

Monday, September 26pm

Join us in-person or participate by Zoom, for a one hour discussion on the last Monday of the month for our casual TED Talks group. We will watch a TED Talk, and follow it with a thoughtful and fun discussion.



INCLUSIVE COMMUNITIES

Portraits of Dementia

Wednesday, September 28 1-3pm

Please pre-register

Joe Wallace has been a portrait photographer and storyteller for 20 years. Like many, he has a deeply personal connection with dementia. Join us as he shares the story of his book and traveling exhibit, created to destigmatize those living with dementia.



Constituent Services Office Hours

Tuesday, September 13 from 1-3pm

Stephanie Gray, Constituent Services Representative from the Office of Congressman Auchincloss, will be holding office hours at the Senior Center. You can bring concerns and/or casework requests relating to any federal agency, including Social Security, Medicare/Medicaid, Veteran's Affairs, Housing, Health and Human Services, Department of Defense, Internal Revenue Service, the US Postal Service, Small Business Association, Passports, or Immigration. Walk-ins are welcome, appointments are encouraged. Please call the Senior Center at 508-497-9730

Matter of Balance Workshop

Thursdays 9:30-11:30

from September 1st to October 27th

Free

Class size limited to 12 people

Do you have a fear of falling? Have you already experienced a fall? Are you restricting your daily activities because of these concerns?

Join us for a multi-week program where you'll learn to reduce the fear and risk of falling, identify and reduce fall risk factors, and increase balance and flexibility. This is not a typical exercise class! Each week we'll start with a guided discussion about a fall-related topic and then end with some low-impact stretching and balance exercises. Each participant will receive their own workbook and is expected to commit to attend for the whole 2 month program.

To register, please call Kim or Julia in the Outreach Department.

HEALTH AND FITNESS

Podiatry Services

Monday, August 22 call for appointment times \$40 paid directly to Dr. Cooper. For program to run a minimum of 8 people is needed.

Next appointment is October 24.

Hearing Aid Cleaning with Audiologist

Thursday, August 25 at 12:30 &

Thursday, September 22 at 12:30

Audiologist, Darcy Repucci of Hopkinton Audiology will be providing free hearing aid cleanings. Please pre-register.

Home Safety Tips for Fall Prevention

Thursday, August 11 from 11-11:30am

Per the CDC, "One out of four older adults will fall each year." Come join Deb Froehlich, OTR/L, Clinical Liaison with Complete VNA, as she shares some simple ways to reduce fall risk. She will address common issues in the home, and review simple solutions.

To pre-register for this free seminar call the Senior Center.

Public Health Nurse

Simone Carter, the Town Nurse, is at the Senior Center every Wednesday from 10:00am-1:00pm. 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



RECREATION AND SOCIAL PROGRAMS

2022 Bocce Challenge 2022

Wednesday, September 14 at 3pm

Rain date: Thursday, September 15 at 3pm

We're taking on HPD and HFD in the ultimate bocce showdown!

Please call the Receptionist if you're interested in joining the Senior Center Bocce Team. We will select names from a hat if there is enough interest.

Refreshments will be available throughout the challenge.

Canasta

Tuesdays, from 1pm to 3pm

A game that combines elements of bridge and rummy, canasta is both easy to learn and fun to play. Beginners and experienced players are welcome every Tuesday afternoon starting on August 2. There is no cost to play.

Movie Club

First Monday of the Month at 1:45pm

Monday, August 1: Death on the Nile
TV-PG -13 Run time: 2hr 7 min.

While on vacation on the Nile, Hercule Poirot investigates the murder of a young heiress.



MON

TUE

WED

THU

FRI

No Bus
TransportationSenior Center
Programs 9:00-3:00Senior Center
Programs 9:00-3:00Senior Center
Programs 9:00-3:00Senior Center
Programs 9:00-3:00

12:45-3:00 Shopping

12:45-3:00 Market
Basket-Bellingham1:00-2:00 Price
Chopper**Monday - Friday**

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

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 Cooprider x1627****DAY TRIPS**

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

RI Lighthouse Cruise (Picnic lunch) Monday, August 1

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

Cost \$47 (Bus, Lunch, and Lighthouse Cruise)

Pay at Signup**Rochester Red Wings vs. Woosox at Polar Park****Wednesday, August 17**

Leave: 10:45am Estimated Return: 4:00pm

Cost \$35 (lunch not included) **Pay at Signup****Heritage Museums & Gardens (Seafood Sam's)****Monday, August 29**

Leave: 9:00am Estimated Return: 4:30pm

Cost \$25 (Lunch not included)

Rockport Shopping (George's Restaurant & Bar-Gloucester) Friday, September 9

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

Cost \$10 (Lunch not included)

"Social Security" at Newport Playhouse (with buffet lunch & cabaret) Monday, September 26

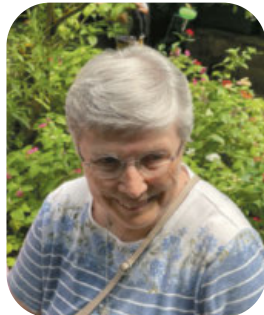
Leave: 9:15am Estimated Return: 4:30pm

Cost \$72 (includes lunch and show) **Pay at Signup****Newport Car Museum (Foodworks Restaurant) Monday, October 3**

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

Cost \$20 (Lunch not included)

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.



Checkout these social butterflies from last months trip to the Butterfly Place!

**OUTREACH INFO****Durable Medical Equipment Donations and Loans**

Currently we have an over abundance of equipment!
Please call before donating equipment so we can determine if we need it. However, Thank you for thinking of us!

We maintain an extensive inventory of durable medical equipment to loan out. (*Hopkinton resident use only*) Whether you need a transport chair, a walker, a cane, or any other equipment, call us first before buying costly equipment. Wheelchairs and transport chairs require a refundable security deposit, but otherwise items are free to borrow on a first come, first serve basis.

Nutrition Cost Savings Programs

Farmers Market Coupons! We are able to distribute a limited number of farmers market coupons, which can be used at some local Farmers Markets (including Hopkinton). These coupons can buy about \$25.00 of fresh produce. Coupons are limited. For eligibility requirements and additional information please call the Outreach Department. Coupons will be distributed in August and must be used by the end of October.

28 Mayhew Street, Hopkinton, MA 01748 - 508 497-9730

FEELING CREATIVE

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

HOPKINTON CENTER FOR THE ARTS

Little Women Dress Rehearsal Performance for Hopkinton Seniors

Thursday, August 11 at 7:30pm at Hopkinton Center for the Arts: 98 Hayden Rowe (508-435-9222)

Cost: \$10 call or visit HCA directly to purchase a ticket

Based on Louisa May Alcott's life, *Little Women* follows the adventures of the four March sisters. Jo is trying to sell her stories, but when publishers aren't interested – her friend, Professor Bhaer, tells her to write more from herself. Taking this advice, she weaves the story of herself and her sisters growing up in Civil War America.

Important Note: an open dress rehearsal means we may stop or pause the show to rework something. It will run as close as possible to the actual show experience.

Art Appreciation: John Singer Sargent, An American Legacy

Thursday, August 18 from 1-2pm

Explore art spanning Sargent's career, and his ever-evolving techniques and subjects. From elegant society images to informal watercolors, his paintings brought commercial success and critics' disapproval.



Craft with Deb: Decorative Notepads Monday, September 12 9:30-11:30am

Perfect to leave by the phone, in the car, or in your purse, these decorative notepads are both fun and functional. No prior craft experience necessary.

Art Appreciation: Cityscapes

Thursday, September 15 from 1-2pm

Explore urban paintings focusing on unique ways artists have portrayed city life. Learn the interesting and surprising decisions that went into these images both representational and abstract.



Tussie Mussies with the Garden Club Monday, October 3 10:00-11:30am

Join the Hopkinton Garden Club as they host a tussie-mussie floral design project. A Tussie Mussie, also referred to a nosegay, is a small bouquet of flowers.

Looking for...



Caregiver Support Group

In-Person Wednesday, August 17 & September 21 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, August 4 and September 1 from 1- 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

Third Tuesday of the month

August 16 and September 20 11-11:30am ***New Time**

Are you overwhelmed by clutter in your home and don't know where to start? Or are you thinking about your future and the possible need to get rid of stuff? Join our declutter and organization support group where we will share ideas and motivate each other. All are welcome!

Contact Julia in the Outreach Dept. for questions.

Legal Advice

Friday, August 5 and September 2 from 10-11:00am

Elder Law Attorney, Arthur Bergeron of Mirick O'Connell, provides individual free 15 minute clinics. Appointments are done in person or by phone.

BayPath Elder Services and Springwell Merge

BayPath Elder Services and Springwell merged July 1, 2022. The newly merged agency will be known as Springwell and will now serve 22 Massachusetts towns, including Hopkinton. If you're receiving services from BayPath, your care manager can help answer questions you may have. Springwell will continue to offer the same services, from the same staff, however, as a bigger organization they will now have additional resources to meet individuals needs.

If you aren't familiar with BayPath or Springwell, and you're an older adult or caregiver of someone who might benefit from assistance to continue living in your home, you can reach out to Springwell for info at 617- 926-4100 or info@springwell.com or call the Senior Center Outreach Department for additional assistance.

AUGUST/SEPTEMBER 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.				
1 Chicken Piccata	2 American Chop Suey	3 Parmesan Haddock	4 Chicken Vindaloo	5 Tilapia
8 Sloppy Joe	9 Roast Pork Loin	10 Chicken Caesar Salad	11 Pasta Primavera	12 Coconut Shrimp
15 Orange Chicken	16 Beef Enchilada	17 Shrimp Alfredo	18 Biryani	19 Salmon
22 Crab Cakes	23 Steak Tips	24 Chicken Kabobs	25 Spinach and Garlic Ravioli	26 Chicken Pot Pie
29 Stuffed Cabbage Roll	30 Fish Tacos	31 Pork Lo Mein	1 Haddock	2 Broccoli & Cheese Stuffed Chicken
5 Labor Day Closed	6 Country Fried Chicken	7 Meatloaf	8 Pasta Primavera	9 Tilapia
12 Scallop & Crab Stuffed Sole	13 BBQ Pulled Pork	14 Oriental Stir Fry Chicken	15 Beef Kabobs	16 Biryani
19 Spaghetti & Meatballs	20 Salmon Burger	21 Roast Beef	22 Tuscan Chicken	23 Coconut Shrimp
26 Chicken Parmesan Calzone	27 Haddock Bites	28 Taco Salad	29 Vegetable Stew	30 Shrimp Scampi

FOOD SERVICE STAFF

Diana Palmer - Head Chef

Zahra Ali - Chef

Cate DeCarolis

Richard Munroe

Melissa Menard

The Hopkinton Senior Center Book Club

In-person or on Zoom 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!

**August 1: The Last Summer at the Golden Hotel
by Elyssa Friedland**

September 12: This Tender Land by William Kent Krueger

Hopkinton Senior Center (HSC) Apparel On Sale - Don't miss out!

The online store will open

August 7 thru 21 September 7 thru 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.

AUGUST CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Chair Yoga 1 10:00 RI Lighthouse Trip 10:30 Exercise w/Linda 10:30 Book Club (Hybrid) 11:00 French 1 (Virtual) 1:00 Indoor Cornhole 1:45 Movie Matinee: Death on the Nile	9:00 Stretch/Dr.Binh 2 9:30&1 Pottery 10:00 WOW 10:00 Zumba 10:30 French 2 (Virtual) 11:00 Balance & Flex 11:30 Celebrity Server 12:30 Exercise/Joni 1:00 Canasta 2:00 Tap Dance	10-1 Nurse Available 3 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	9:30 Quilting Group 4 9:30 Knitting Group 10:30 BP Checks 10:30 French 1 (Virtual) 1:00 Pitch 1:00 Memory Café	9:00 Vets Bkfst. 5 9:30 Sew Fun 10-11 Individual Legal Appts. 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group 12-1 Meditation&Movement
9:00 Chair Yoga 8 10:30 Exercise w/Linda 11:00 French 1 (Virtual) 1:00 Indoor Cornhole	9:00 Stretch/Dr.Binh 9 9:30&1 Pottery 10:00 Plan B 10:00 WOW 10:00 Zumba 10:30 French 2 (Virtual) 11:00 Balance & Flex 12:30 Exercise/Joni 1:00 Canasta 2:00 Tap Dance	10-1 Nurse Available 10 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 11 9:30 Knitting Group 10:30 BP Checks 10:30 French 1 (Virtual) 11:00 Fall Prevention 11:30 BirthDay Lunch 1:00 Pitch 1-2:00 French Slideshow 7:30pm Little Women Dress Rehearsal	9:00 Vets Agent 12 9:15 Zumba+Toning 9:30 Sew Fun 10:00 KEEPMOVIN 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virtual)
9:00 Chair Yoga 15 10:30 Exercise w/Linda 11:00 French 1 (Virtual) 1:00 Indoor Cornhole 1-3 Loom Weaving	9:00 Stretch/Dr.Binh 16 9:30&1 Pottery 10:00 WOW 10:00 Zumba 10:00 Cultural Conversations 10:30 French 2 (Virtual) 11:00 Balance & Flex 11:00 Declutter with Julia 12:30 Exercise/Joni 1:00 Canasta 2:00 Tap Dance	10-1 Nurse Available 17 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:30 Caregiver Support Group 10:45 Joy of Movement 10:45 WooSox Trip 1-4 Mah Jong	9:30 Quilting Group 18 9:30 Knitting Group 10:30 BP Checks 10:30 French 1 (Virtual) 1:00 Art Appreciation 1:00 Pitch	9:15 Zumba+Toning 19 9:30 Sew Fun 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group 12-1 Meditation&Movement
9:00 Chair Yoga 22 9:30 Podiatry Services 10:30 Exercise w/Linda 11:00 French 1 (Virtual) 1:00 Indoor Cornhole 1-3 Loom Weaving	9:00 Stretch/Dr.Binh 23 9:30&1 Pottery 10:00 WOW 10:00 Zumba 10:30 French 2 (Virtual) 11:00 Balance & Flex 12:30 Exercise/Joni 1:00 Canasta 2:00 Tap Dance	10-1 Nurse Available 24 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 25 9:30 Knitting Group 10:30 BP Checks 10:30 French 1 (Virtual) 12:30 Hearing Aid Clinic 1:00 Pitch 1:00 Ice Cream Social	9:00 Vets Agent 26 9:15 Zumba+Toning 9:30 Sew Fun 10:00 KEEPMOVIN 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virtual)
9:00 Chair Yoga 29 9:00 Heritage Museum & Gardens Trip 10:30 Exercise w/Linda 11:00 French 1 (Virtual) 12:30 TED Talk (Hybrid) 1:00 Indoor Cornhole 1-3 Loom Weaving	9:00 Stretch/Dr.Binh 30 9:30&1 Pottery 10:00 WOW 10:00 Zumba 10:30 French 2 (Virtual) 11:00 Balance & Flex 12:30 Exercise/Joni 1:00 Canasta 2:00 Tap Dance	10-1 Nurse Available 31 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:45 Joy of Movement 1-4 Mah Jong	<h1 style="font-size: 2em; color: green; margin: 0;">#KEEPMOVIN</h1>	

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: <u>FRIENDS OF THE HOPKINTON SENIOR CITIZENS INC.</u> 28 MAYHEW ST., HOPKINTON, MA 01748 MEMBERSHIP \$ _____ DONATION \$ _____ TOTAL \$ _____ Membership does not include mailing outside of Hopkinton; we can however, email the newsletter.
--	---

Edward Jones

> edwardjones.com | Member SIPC



You're retired. Your money isn't.

To learn about the different options for your retirement accounts, call my office today.



Mark Freeman
Financial Advisor
77 W Main St Suite 206
Hopkinton, MA 01748
508-293-4017

IRT-4395G-A © 2022 EDWARD D. JONES & CO., L.P. ALL RIGHTS RESERVED.

Independently Owned and Operated



THOMAS F. CRONIN, Director

34 CHURCH STREET, HOPKINTON

508-435-3951

www.callanancronin.com



BayPath is now Springwell

Providing MetroWest families of all income levels the resources necessary when facing the challenges of aging. On July 1, 2022, BayPath merged with Springwell.

Now, proudly serving 22 communities.



Learn more at
www.springwell.com



Same great services

Same great people

Same great community



Get Back In The Conversation

Compassionate & Quality Care to Help You Hear Better

HOPKINTON
AUDIOLOGY

Darcy Repucci, MS,CCC-A
508-936-3277

1 Lumber Street, Hopkinton

Tue and Thurs: 10am-5pm • Mon and Wed By Appointment

www.hopkintonaudiology.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Hopkinton Council on Aging, Hopkinton, MA 06-5108

SEPTEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
<h1>#KEEPMOVIN</h1>			9:30 Matter of Balance 1 9:30 Quilting Group 9:30 Knitting Group 9:30 Adv. French (Virt) 10:30 BP Checks 10:30 French 1 (Virtual) 1:00 Pitch 1:00 Memory Café	9:00 Vets Bkfst 2 9:30 Sew Fun 10-11 Individual Legal Appts. 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group			
			5 9:00 Stretch/Dr.Binh 6 9:30&1 Pottery 10:00 WOW 10:00 Plan B 10:00 Zumba 10:30 French 2 (Virtual) 11:00 Balance & Flex 11:30 Celebrity Server 12:30 Exercise/Joni 1:00 Canasta 2:00 Tap Dance	7 10-1 Nurse Available 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	8 9:30 Matter of Balance 8 9:30 Quilting Group 9:30 Knitting Group 9:30 Adv. French (Virt) 10:30 BP Checks 10:30 French 1 (Virtual) 11:30 Birthday Lunch 1:00 Pitch 1-2:00 Variety Show Meeting 2:30 Cultural Conversations	9 9:00 Vets Agent 9 9:15 Zumba+Toning 9:30 Sew Fun 9:00 Rockport Shopping & Lunch Trip 10:00 KEEPMOVIN 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virtual) 12-1 Meditation&Movement	
			12 9:00 Chair Yoga 9:30 Crafts w/Deb 10:30 Book Club 11:00 French 1 (Virtual) 10:30 Exercise w/Linda 1:00 Indoor Cornhole 1-3 Loom Weaving	13 9:00 Stretch/Dr.Binh 9:30&1 Pottery 10:00 WOW 10:00 Plan B 10:00 Zumba 10:30 French 2 (Virtual) 11:00 Balance & Flex 11:30 Celebrity Server 12:30 Exercise/Joni 1:00 Canasta 1-3:00 Constituent Hours 2:00 Tap Dance	14 10-1 Nurse Available 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:45 Joy of Movement 1-4 Mah Jong 3:00 Bocce	15 9:30 Matter of Balance 9:30 Quilting Group 9:30 Knitting Group 9:30 Adv. French (Virt) 10:30 BP Checks 10:30 French 1 (Virtual) 1:00 Art Appreciation 1:00 Pitch	16 9:15 Zumba+Toning 9:30 Sew Fun 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group
			19 9:00 Chair Yoga 10:30 Exercise w/Linda 11:00 French 1 (Virtual) 1:00 Indoor Cornhole 1-3 Loom Weaving	20 9:00 Stretch/Dr.Binh 9:30&1 Pottery 10:00 WOW 10:00 Zumba 10:30 French 2 (Virtual) 11:00 Declutter with Julia 11:00 Balance & Flex 12:30 Exercise/Joni 1:00 Canasta 2:00 Tap Dance	21 10-1 Nurse Available 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:30 Caregiver Support Group 10:45 Joy of Movement 1-4 Mah Jong	22 9:30 Matter of Balance 9:30 Quilting Group 9:30 Knitting Group 9:30 Adv. French (Virt) 10:30 BP Checks 10:30 French 1 (Virtual) 12:30 Hearing Aid Clinic 1:00 Pitch 1-3:00 Variety Show Rehearsal	23 9:00 Vets Agent 9:15 Zumba+Toning 9:30 Sew Fun 10:00 KEEPMOVIN 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group 10:30 Caregiver Support (Virtual) 12-1 Meditation&Movement Saturday, September 24 9-12pm Repair Cafe
			26 9:00 Chair Yoga 9:15 Newport Playhouse Trip 10:00 Friends Meeting 10:30 Exercise w/Linda 11:00 French 1 (Virtual) 12:30 TED Talk (Hybrid) 1:00 Indoor Cornhole 1-3 Loom Weaving	27 9:00 Stretch/Dr.Binh 9:30&1 Pottery 10:00 WOW 10:00 Zumba 10:30 French 2 (Virtual) 11:00 Balance & Flex 12:30 Exercise/Joni 1:00 Canasta 2:00 Tap Dance	28 10-1 Nurse Available 9:30 Hair Appt. 9:30 Tai Chi 10:00 Coffee Chat 10:45 Joy of Movement 1-4 Mah Jong 1-3 Portraits of Dementia	29 9:30 Matter of Balance 9:30 Knitting Group 9:30 Adv. French (Virt) 9:30 AARP Driver Safety 10:30 BP Checks 10:30 French 1 (Virtual) 1:00 Pitch 1:00 Quilting Group	30 9:15 Zumba+Toning 9:30 Sew Fun 10-12 Tech Assistance (Virt) 10:30 Chi Gong 10:30 Walking Group 12-1 Meditation&Movement



854 Washington Street • Holliston, MA 01746 • 508-429-2391
57 Hayden Rowe Street, Hopkinton, MA 01748 • 508-435-6444

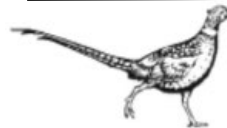
Our Hopkinton location has expanded.

Family Owned • Cremation Services • Pre-need Arrangements
On-property Parking • Handicap Accessible

www.ChesmoreFuneralHome.com ~ Keefe M. Chesmore

Timothy Daniels House

"POST ACUTE REHABILITATION & SKILLED NURSING"



84 Elm Street, Holliston, MA

508-429-4566



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Hopkinton Council on Aging, Hopkinton, MA 06-5108

Craft Supply Donations

As you're "spring cleaning" this year, please keep in mind that in order to keep program costs to a minimum we are always looking for craft supply donations including fabric, quilt batting, other quilting supplies, yarn, assorted knitting supplies, and general arts and crafts supplies. If you have craft supplies at home that you no longer use or are looking to get rid of, we'd be grateful if you kept us in mind!

Thanks to all those who helped make our 2022 fundraising vegetable and flower sale a success.

We are already planning ahead for next year and need approximately 2000, 16 or 18 ounce plastic red solo cups for our seedlings.

If you can donate any number of new cups, please drop them at the senior center at your convenience. Small contributions add up quickly. We appreciate your help.

The Greenhouse Committee.



Pottery

Thank You to the Hopkinton Cultural Council for supporting the Senior Center pottery program.



Looking to Volunteer your time to a good cause?

The Hopkinton Senior Center is looking for volunteer drivers to bring seniors to local medical appointments. If you are interested, please call 508-497-9730 and speak with Robyn Goldberg, Volunteer Coordinator.

Norman Khumalo, Town Manager, was the Hopkinton Senior Center Celebrity Server for the month of June. Norman did a great job serving and had the opportunity to speak with many of our seniors during lunch.



Plan B—Widows Group

Second Tuesday of the month at 10:00AM

Plan B is an informal support group run by widows. All widows are welcome to attend, whether you are newly widowed or "seasoned". We laugh, we cry, we listen, we share our experiences as well as practical advice. Come make new connections, gain support and be part of this community of wonderful widows who understand exactly what you are going through.

August/September

Reflection by Mary McLeod

*Warm days, sunshine, joy and love from
Mother Nature fills our hearts 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 at the Center!

Available on HCAM cable channels and YouTube.

August Senior View

"Planning Ahead" Guest: Attorney Kathleen Nealon

September Senior View

"The Book Club" Guest: Mary Arnaut

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.

No meeting in August**September Meeting is scheduled for Monday, September 26**

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

28 Mayhew Street, Hopkinton, MA 01748 - 508 497-9730



DISCOVER *the difference*

Thank you for giving us an overall 99% on our Resident Satisfaction Survey!

Voted #1 Assisted living and memory care community in Milford, MA and one of the best senior communities in Central MA by reader of the Milford Daily News for the past FOUR years.

Call or visit us online today for more information!

WHITCOMB HOUSE

245 West Street, Milford, MA 01757

508-634-2440 whitcombhouse.com

An Assisted Living and Memory Care Community



TRAIN with SHAIN

IN HOME PERSONAL TRAINING FOR SENIORS

Gait, Balance/Fall Prevention & Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED



PHIPPS INSURANCE AGENCY
Celebrating 72 Years of Personal Service and Community Support

**Auto • Home • Business
Condo / Renters**

We are Your Reliable Independent Insurance Neighbor!

WWW.PHIPPSINSURANCE.COM

508-435-6388



Hopkinton Card & Gift

gifts for all ages and occasions

52 Main Street, Hopkinton 508-435-4441

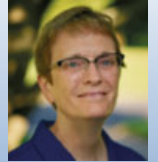
@hopkintoncardandgift



Molly Lukason

LICSW, C-ASWCM

Milestones Unlimited



In-home Geriatric Therapeutic Counseling & Support

508-659-9391 • Molly@MilestonesUnlimited.biz

www.MilestonesUnlimited.biz



A SHORT-TERM REHABILITATION AND LONG TERM CARE CENTER

Like No Other

Independently owned and operated, Waterview Lodge Rehabilitation & Healthcare provides state-of-the-art, compassionate and quality care to orthopedic, stroke, cardiac and pulmonary rehabilitation patients.

For more information contact our Admissions Department at (508) 848-4180 or visit waterviewlodgellc.com

Waterview Lodge
REHABILITATION & HEALTHCARE

250 West Union Street
Ashland, MA 01721
(508) 848-4200

Providing a Continuum of Top-Rated Senior Living & Healthcare Services

Assisted Living, Memory Care & Mental Health, Adult Social Day Program
2022 CARING STAR AWARD
508-665-5300



Medicare Certified Skilled Nursing & Private Duty Home Care
SERVING METROWEST
508-433-4479



Long Term & Memory Care, Short Term Rehab, Outpatient Rehab
5-STAR CMS RATING
508-433-4404



maryannmorse.org

FAIRVIEW ESTATES
Gracious Retirement Living

Month-to-Month Rent

With No Buy-In Fees or Leases

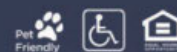
Look what's included in your month-to-month rent:

- Three chef-prepared meals daily
- Caring live-in managers available 24/7
- Weekly housekeeping and linen service
- All utilities and cable, except phone
- State-of-the-art theater and fully equipped exercise room
- Comfortable library
- Planned activities, special events and so much more
- Local transportation

For more information and to schedule your visit, call 508-544-0847.

ASK ABOUT OUR ATTRACTIVE MOVE-IN SPECIALS

Fairview Estates | 132 E. Main St., Hopkinton, MA 01748
Independent Living | retirementlivingmass.com



Golden Rule Home Care

Experience "The Golden Rule"

PERSONAL CARE • MEAL PREPARATION
ERRANDS • TRANSPORTATION
LIGHT HOUSEKEEPING • CAREGIVER RESPITE



Call for a **FREE** Consultation!
John Paul Plouffe
508-769-6621

www.goldenrule.care



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Hopkinton Council on Aging, Hopkinton, MA 06-5108

VETERANS CORNER

HOPKINTON VETERANS BREAKFAST

August 5 at 0900
September 2 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.

August 5: Sponsored by a Grateful Veteran
September 2: Sponsored by Prime Rate Home Mortgage, LLC



Veterans Services Department
At the Hopkinton Senior Center

Agent Hours are: 9am-11:30am Friday on:
August 12 & 26
September 9 & 23

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

MEDICARE UPDATES

Should You Delay Medicare Enrollment?



Most people first become eligible for Medicare when they turn 65. To have coverage begin the month of your 65th birthday, you must enroll during the three months prior to your birthday. Your Initial Enrollment Period (IEP) extends three months past your birthday month, but your effective date will be later than your birthday month. If you don't enroll during your IEP, you may have a lifetime penalty.

There is an exception for people still working past age 65. If you are covered through your employer group health plan and there are 20 or more employees, you may delay enrolling in Medicare without penalty. This also applies if you are covered through your spouse's current employment. However, once employment ends, other coverage, such as COBRA or a Health Connector plan, will not prevent the penalty.

For further assistance about this or any Medicare issue, contact the SHINE Program. 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. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Paperless Hilltopper Anyone? Call 508-497-9730

PRESORTED
STANDARD
U S POSTAGE
PAID
PERMIT NO. 59
HOPKINTON, MA

Hopkinton Senior Center
28 Mayhew Street
Hopkinton, MA 01748

