

# THE RICHARD J. GIROUARD LEOMINSTER SENIOR CENTER

## JANUARY, 2019 NEWSLETTER

LAURANE BROOKS, DIRECTOR, [lbrooks@leominster-ma.gov](mailto:lbrooks@leominster-ma.gov)  
JOANNE SMITH, PT CLERK, [jsmith@leominster-ma.gov](mailto:jsmith@leominster-ma.gov)

Senior Center Hours: Monday-Friday 8am-4pm, the office opens at 8:30am.

5 Pond Street Leominster, MA 01453 Tel: 978-534-7511 Fax: 978-534-7516

Monthly Board Meeting at the Senior Center meets September - June, the **3rd Thursday at 3 p.m.:** John Diggins-Chairman, Carol DeCarolis, Patty Vallee, Larry Gianakis, Andriana Fotakis, Betty David, Phyllis Gagne, Donna Smith, Maria Maldari, Honorary Eleanora "Skip" Bissonnette

**Mission Statement:** The Mission of the Leominster Council on Aging/C.O.A. Senior Citizens Center is: to enhance the quality of life for seniors in the community by assessing their needs; to design, create and advocate for programs that meet the established needs of the seniors; and to educate and enlist the support of city, state, federal and private organizations who can assist the senior population. The C.O.A. strives to deliver the highest quality services to all senior citizens in our community, by ensuring equal access and opportunity, by providing services in a prompt, dignified and efficient manner, while maintaining the highest standards of confidentiality and privacy for all those involved.

Please like us on Facebook go to [www.Facebook.com/leominsterseniorcenter](http://www.Facebook.com/leominsterseniorcenter)  
Newsletter available online go to [www.ourseniorcenter.com/find/leominster-council-on-aging](http://www.ourseniorcenter.com/find/leominster-council-on-aging)



### FROM THE DIRECTOR

The holidays are over and the New Year is here, I hope everyone enjoyed the holiday season and are ready for 2019. If you are looking for something to do, the center is a great place to visit and meet new friends. Check out our Special Events for the month, there is always something fun to do here so come and join us.

We will be having "Fun & Festive cupcake decorating ideas for the New Year with Marilyn from Life Care" on Wednesday, January 16th at 10:00am. Sign up in the office.

As we start this new year I would like to send this out to everyone that comes to the center. We are all here to enjoy the center and what it has to offer. We want everyone to feel welcomed when they come here. So please be kind to one another. Also, please remember that all items in the center belong to the center, do not take anything that does not belong to you.

I would like to remind everyone to sign in and enter your activities and volunteer hours each time to visit the center. We are finding that people are forgetting to sign in. This is very important for the center. Please let us know of any address or phone number changes you may have so we can keep our records updated. Thank you for your co-operation!

**Wishing everyone a Healthy & Happy New Year!!**

*Just Breathe.....Laurane*



### SPECIAL EVENTS IN JANUARY



Jan. 1		Center Closed—New Year's Day
Jan. 2	1:00	Memory Café
Jan. 4	10:00	Lottery Bingo w/Michelle River Terrace
Jan. 7	10:30	Vision Support
Jan. 10	9:00	Computer Class - iPhone & iPad Basics
Jan. 14	9:00	S.H.I.N.E. (by appointment only)
Jan. 16	10:00	Life Care Presentation
Jan. 16	11:30	Monthly Birthday Party
Jan. 17	9:00	Computer Class - Android & Tablet Basics
Jan. 18	10:00	Lottery Bingo w/Michelle River Terrace
Jan. 21		Center Closed—Martin Luther King Day
Jan. 28	12:15	MHC Options Counselor Caitlin Roy

### PLEASE SIGN UP IN THE OFFICE FOR ALL SPECIAL EVENTS YOU PLAN ON ATTENDING



### INCLEMENT WEATHER ADVISORY



With the winter months here we would like to remind everyone that if schools are **cancelled** or **delayed** the MART COA vans are cancelled. The center may be open but most activities are cancelled so please call the center before heading out.

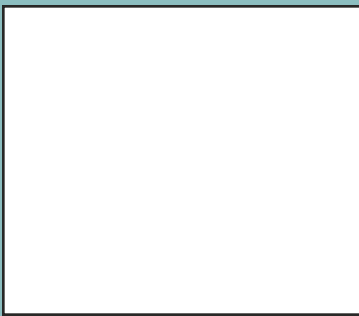
Also to all volunteers that coordinate activities, please contact the office if you are cancelling an activity. This helps the office when receiving inquiries on an activity. Thank you!

Remember to always be careful when you head out as walks and driveways are slippery. Do not go out unless it is necessary!!  
**Stay Safe!!!**



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## LUNCH SERVED DAILY AT NOON BY RESERVATION

Reserve your lunch before **11:30AM** the day before by calling **978-534-4717**. A donation of \$3.00 is suggested.

M.O.C. is offering breakfast for \$1.50 which contains pre-packed oatmeal, muffin, milk, and smoothie and an apple. Please order on Wednesday for the following week.

**Deanna Tardiff** is the Moc Site A Manager.

**M.O.C. Site A is always looking for volunteers to work in the kitchen.**

## GIFTS AND DONATIONS

Thank you to Hannaford Supermarket, T.O.P.S. 9236, Phyllis Gagne, Cheryl Erickson, Nancy Erb, Judy Bastarache, Tammy Robichaud, Sheila Webb, Enid Somma, Jacques Hebert, Laurie Montuori, Paul Duval, Deanna Baron, Judy Senay, Diane Shepherd, John Laposta, Enid Somma, Ken Duerr, Jr., Barbara Biland, Judy Senay, Maria Maldari, Timothy Hertel, David Putnam, June Duval, Shirley Allard, Suzanne Murray, Terry Collins, Pat Landale, Deanna Tardiff, IC Credit Union (Fitchburg), Chris Carbon, Sholan Farms

**Thank you Sholan Farms for the donation of delicious apples that were enjoyed by all!**

*A Special Thank you to  
Mary Bizjak  
For making afghans for the homeless*



## AARP TAX ASSISTANCE

It's time to set up your tax appointment. We will be having AARP volunteers here at the center Mondays and Tuesdays starting February 4th to April 2nd. **Appointments are required. Please call the office at 978-534-7511.**

## GOLDEN AGE GROUP ANNUAL DUES

Nancy McCarthy, President of the **Golden Age Group** would like to remind all members that the **2019 \$5.00** annual dues will be collected on Mondays before the meeting through January. Please try to make sure your payment is made sometime in January. **Thank you!**



## BIRTHDAY BABIES

Join us Wednesday,  
**January 16th** at 11:30am to celebrate!

Donald Bourque, Susan Cramer, Lorraine Courtemanche, Gail Thornton, Jackie Leblanc, Sheila Farr, Lauren Hill-Fitzpatrick, Joan Divoll, Robert Malone, Eileen McCarty, Michael Denehy, Judith Halligan, Therese Morock, Samuel Maffeo, Josefina Orejola, Verna Sefranek, Alice Barret, Dorothy St. Jean, Frank Giangrande, Maureen Hoegen, Michael Fitzpatrick, Robert Eriksson

*Special Thank You to Sterling Village  
For sponsoring our Monthly Birthday Party*

## NEWS FROM SHINE JANUARY 2019

### CAN I STILL CHANGE MY MEDICARE COVERAGE?

**The 2018 Medicare Open Enrollment period ended on December 7th, but beneficiaries may still be allowed to change plans.**

### **New Medicare Advantage Plan Open Enrollment Period**

Beginning in 2019 Medicare will have a NEW Medicare Advantage Plan Open Enrollment period. This new period will run from January 1st to March 31st of each year. During this timeframe you can change to another Medicare Advantage Plan. You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage. **YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1ST TO TAKE ADVANTAGE OF THIS OEP.**

For Plan year 2019 The Tufts Medicare Preferred Plan continues to be designated as 5-star Plan by Medicare, as a reward for excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to one of the Tufts Medicare Preferred Plans at any time between December 8, 2018 and November 30, 2019. Blue Cross/Blue Shield Part D Plans have also been designated as Five Star Plans and the same enrollment guidelines apply.

For those with **Prescription Advantage** or getting "**Extra Help**" paying for prescription drugs: You can change your plan during the year. Those with **Prescription Advantage** can do this only once each year. Those with "**Extra Help**" can change once each quarter.

**If you want to take advantage of any of these opportunities call the SHINE Regional Office at 1-800-243-4636, then press 3 or make an appointment with a SHINE Counselor by calling the senior center at 978-534-7511. You can now visit us at our Website [www.shinema.org](http://www.shinema.org) for useful information.**



**CREATIVE CRAFTERS CRAFTS SHOP**

Our store will be open on **Mondays from 9am to 12pm**. Everything is donated and priced to sell. Donations of crafted items and craft supplies needed and appreciated. And, of course, we need customers! This is a fund raiser for the Ladies Guild that will benefit the Leominster Senior Center.

**OPEN CRAFTS**

We will continue to have open crafts on **Monday's at 1:00pm**. Some supplies are available or you can bring in your own projects and spend time with friends, sharing ideas. We would love to see some presentations of new crafts, too. Please join us.



**VOLUNTEER OF THE MONTH JANUARY 2019**

Congratulations and Thank You to Brenda Maffeo for all you do here at the Center.

Brenda volunteers in the office answering phones and doing whatever we need done. She is always there when we need her. We appreciate the great job she does!!!



The Lunch bunch will be meeting at **12:00pm**, Thursday, **January 31st** at **435 Bar & Grill, 435 Lancaster St., Leominster**. You are responsible for your own transportation. **Please sign up in the office.**



**TWIN CITY MEMORY CAFÉ**

Join the Memory Café here on **Wednesday, January 2nd at 1:00pm**. They will be enjoying popcorn while watching the movie "Going in Style" with Allen Arkin and Morgan Freeman. All attendees must be accompanied by a care partner. To register, please call 978-400-8778.



**COMPUTER CLASS**

We will be having 2 computer classes Thursday, January 10th and 17th at 9:00am. The first one will be iPhone and iPad basics and the second one will be Androids and Tablet basics. Please sign up in the office if you are interested in joining the class.



**NEW MEMBERS**

James LaValley, John Sneddon, III, Rose Tedd, Kenneth Ivins, Reginald Carroll, Linda Carroll, Jon Morrissey, Joseph Raimo, Jean Robinson, Sheilah Cosimi, David Hilow



Join us at **1:00pm** on the last **Wednesday** of each month for the Senior Center Book Club.

The December Book Club was postponed until **January 2nd**.

The January Book Club will meet **January 30th**.

Hope to see some new faces!!



**EXERCISE, HEALTH AND WELLNESS**

**BLOOD PRESSURE** - Thursday's 9:00am

**CHAIR VOLLEYBALL** - Tuesday's 10:00am

**MEDITATION CLASS** - Tuesday's 11:30am with Arllen Acevedo NGH certified

**TAI CHI** - Wednesday's 9:00am

**TAP DANCE** - Thursday's 1:00pm

**T.O.P.S.** - (Taking Off Pounds Sensibly) Thursday's 8:15am - 9:00am weigh in, with meeting to follow. If interested in losing weight, sit in on a meeting, we support each other in our effort to lose weight. Cost is \$32.00 a year plus \$5.00 a month. Amanda Senecal, President.

**VISION SUPPORT** - The 1st Monday of each month at 10:30am. A support group that dicusses different eye conditions, how to cope with vision impairment and resources that can help. You can contact the group leader Kathleen Dennen 978-660-6648 for more information.

**VNA CARE NETWORK, INC** - The nurse will be here the 2nd and 4th Wednesday of every month at 9:00am.



**RECREATION**

**BINGO** - Wednesday's 1:00pm Winners: Andriana Fotakis, David Putnam, Diane Fox, Rena Williams, Mary Bizjak, Sue Cioffe

**BOOK CLUB** - Last Wednesday of the month at 1:00pm

**CRIBBAGE** - Thursday's 9:30am Winners: Bobbie Burchell, Marlenet Thibeault, Barbara Adams, Theresa Burke, Bob Novak, Al Young, Bob Novak, Barbara Burque

**MICHIGAN RUMMY** - Thursday's 10:00am

**MINIATURE GOLF** - Friday's 10:00am Winners: Phyllis Gagne, Eual Kennedy, Marjorie Mahan

**PITCH CARD GAME** - Monday's and Friday's 12:30pm

**WHIST** - Tuesday's 12:30pm

**CLUBS**

**GOLDEN AGE CLUB** - Monday's 1:00pm. It's \$5.00 a year to join.

**RED APPLE LADIES** - Last Thursday of the month 1:00pm. Check the "Red Hat" bulletin board at the center.

**COMMUNITY SERVICES AND INFORMATION**

**Community Legal Aid of Central MA - Free 1-855-252-5342 or www.communitylegal.org.**

**Elder Helpline** - Sponsored by Elder Affairs and Mass Home Care. Mon. - Fri. 9am - 8pm, Sat. 9am - 1pm. Call **1-800-243-4636 TDD/TTY 1-800-872-0166**  
**Report Elder Abuse - 1-800-922-2275**

**Food Stamp Program (SNAP)** - 473 Main St. Fitchburg, **978-665-8700**

**Fuel Assistance** - Salvation Army **978-342-9407**, New England Farm Worker's Council **978-342-4520** or Joe for Oil at **877-563-4645**

**Montachusett Home Care** - Caregiver Support Group, Leominster **978-466-5434**

**Notary Public (Free) - Leominster Senior Center 8:30am - 12:00pm**

**S.H.I.N.E.** - (Service Health Insurance Needs to the Elderly) This program is sponsored by the Friends of the Milford Senior Center. **Call the Senior Center for an appointment 978-534-7511.** For more information call **1-800-243-4636**

**The Silent Call Procedure** - If you need to call 911 and you are unable to speak for any reason, once the call is answered: **Press 1 for Police, Press 2 for Fire, Press 3 for Ambulance, Press 4 for Yes and Press 5 for No**

**ARE YOU OK?**

You may have the Leominster Police call you automatically, every day to make sure you are okay. This program is for elderly and disabled families and it's **FREE**. Just contact Dispatcher DanielaTocci at **978-534-4383** for more information and sign up for this great service. They will be happy to explain the advantage of being registered. (Ask for the File of Life).

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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

 <p><b>Monthly Raffle Winner</b></p> <p><b>Annette Leblanc</b></p> <p>See the office for your prize</p>	<p><b>CENTER CLOSED</b> 1</p> <p><b>NEW YEAR'S DAY</b></p> 	<p>2</p> <p>8:00 Cards/Pool /Games 9:00 Tai-Chi 9:15 Spanish Class-Intermediate/Advanced 9:15 Food Distribution <b>12:00 Chicken Breast</b> 1:00 Bingo 1:00 Watercolor Class <b>1:00 Memory Café</b> <b>1:00 Book Club</b></p>	<p>3</p> <p>8:00 Cards/Pool /Games 9:00 T.O.P.S. 9:00 Blood Pressure 9:00 Computer Help 9:30 Cribbage 10:00 Adult Coloring Group 10:00 Michigan Rummy 10:30 Beginner Spanish Class <b>12:00 BBQ Beef Burger</b> 1:00 Tap Dancing</p>	<p>4</p> <p>8:00 Cards/Pool /Games 9:15 Food Distribution <b>10:00 Lottery Bingo w/Michelle</b> 10:00 Indoor Mini Golf <b>12:00 Beef Bolognese</b> 12:30 Fun Pitch 1:00 Writing Group</p>
<p>7</p> <p>8:00 Cards/Pool /Games 9:15 Food Distribution <b>10:30 Vision Support</b> <b>12:00 Shepherds Pie</b> 12:30 Pitch 1:00 Golden Age Meeting <b>1:00 Open Craft</b></p>	<p>8</p> <p>8:00 Cards/Pool /Games 9:00 Knitting 10:00 Chair Volleyball 11:30 Meditation <b>12:00 Chicken Breast</b> 12:30 Whist 1:00 Rock Art</p>	<p>9</p> <p>8:30 Cards/Pool /Games <b>9:00 VNA Nurse</b> 9:00 Tai-Chi 9:15 Spanish Class-Intermediate/Advanced 9:15 Food Distribution <b>12:00 Turkey Corn Stew</b> 1:00 Bingo 1:00 Watercolor Class</p>	<p>10</p> <p>8:00 Cards/Pool /Games 9:00 T.O.P.S. 9:00 Blood Pressure <b>9:00 Computer Class</b> 9:30 Cribbage 10:00 Adult Coloring Group 10:00 Michigan Rummy 10:30 Beginner Spanish Class <b>12:00 BBQ Pulled Pork</b> 1:00 Tap Dancing</p>	<p>11</p> <p>8:00 Cards/Pool /Games 9:15 Food Distribution 10:00 Indoor Mini Golf <b>12:00 Swedish Meatballs</b> 12:30 Fun Pitch 1:00 Writing Group</p>
<p>14</p> <p>8:00 Cards/Pool /Games <b>9:00 S.H.I.N.E.</b> 9:15 Food Distribution <b>12:00 Chicken Teriyaki</b> 12:30 Pitch 1:00 Golden Age Meeting <b>1:00 Open Craft</b></p>	<p>15</p> <p>8:00 Cards/Pool /Games 9:00 Knitting 10:00 Chair Volleyball 11:30 Meditation <b>12:00 Potato Pollock</b> 12:30 Whist 1:00 Rock Art</p>	<p>16</p> <p>8:00 Cards/Pool /Games 9:00 Tai-Chi 9:15 Spanish Class-Intermediate/Advanced 9:15 Food Distribution <b>10:00 Life Care Presentation</b> <b>11:30 Monthly Birthday Party</b> <b>12:00 Chicken Cordon Bleu</b> 1:00 Bingo 1:00 Watercolor Class</p>	<p>17</p> <p>8:00 Cards/Pool /Games 9:00 T.O.P.S. 9:00 Blood Pressure <b>9:00 Computer Class</b> 9:30 Cribbage 10:00 Adult Coloring Group 10:00 Michigan Rummy 10:30 Beginner Spanish Class <b>12:00 Beef Stew</b> 1:00 Tap Dancing <b>1:00 COA Board Meeting</b></p>	<p>18</p> <p>8:00 Cards Pool/Games 9:15 Food Distribution <b>10:00 Lottery Bingo w/ Michelle</b> 10:00 Indoor Mini Golf <b>12:00 Broccoli Bake</b> 12:30 Fun Pitch 1:00 Writing Group</p>
<p>21</p> <p><b>CENTER CLOSED</b></p> <p><b>MARTIN LUTHER KING JR. DAY</b></p> 	<p>22</p> <p>8:00 Cards/Pool /Games 9:00 Knitting 10:00 Chair Volleyball 11:30 Meditation <b>12:00 Chicken Breast</b> 12:30 Whist 1:00 Rock Art</p>	<p>23</p> <p>8:00 Cards/Pool /Games 9:00 Tai-Chi <b>9:00 VNA Nurse</b> 9:15 Spanish Class-Intermediate/Advanced 9:15 Food Distribution <b>12:00 Roast Pork</b> 1:00 Bingo 1:00 Watercolor Class</p>	<p>24</p> <p>8:00 Cards/Pool /Games 9:00 T.O.P.S. 9:00 Computer Help 9:00 Blood Pressure 9:30 Cribbage 10:00 Adult Coloring Group 10:00 Michigan Rummy 10:30 Beginner Spanish Class <b>12:00 Chicken Chili</b> 1:00 Tap Dancing</p>	<p>25</p> <p>8:00 Cards/Pool /Games 9:15 Food Distribution 10:00 Indoor Mini Golf <b>12:00 Meatloaf w/ Gravy</b> 12:30 Fun Pitch 1:00 Writing Group</p>
<p>28</p> <p>8:00 Cards/Pool /Games 9:00 MHC Options Counselor 9:15 Food Distribution <b>12:00 Chicken &amp; Rice Bake</b> 12:30 Pitch 1:00 Golden Age Meeting <b>1:00 Open Craft</b></p>	<p>29</p> <p>8:00 Cards/Pool /Games 9:00 Knitting 10:00 Chair Volleyball 11:30 Meditation <b>12:00 Lasagna Rollup</b> 12:30 Whist 1:00 Rock Art</p>	<p>30</p> <p>8:00 Cards/Pool /Games 9:00 Tai-Chi 9:15 Spanish Class-Intermediate/Advanced 9:15 Food Distribution <b>12:00 Chicken Picatta</b> 1:00 Bingo 1:00 Watercolor Class <b>1:00 Book Club</b></p>	<p>31</p> <p>8:00 Cards/Pool /Games 9:00 T.O.P.S. 9:00 Computer Help 9:00 Blood Pressure 9:30 Cribbage 10:00 Adult Coloring Group 10:00 Michigan Rummy 10:30 Beginner Spanish Class <b>12:00 Roast Turkey</b> 1:00 Tap Dancing</p>	



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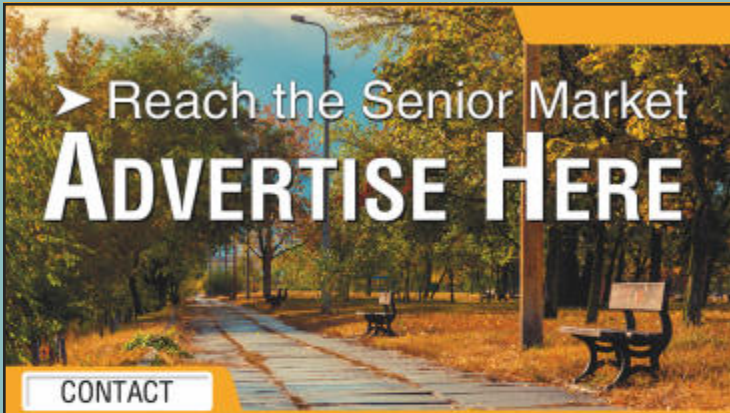
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HOME SECURITY TEAM



## ***VAN RIDE***

The MART VAN operates rides, for Leominster residents, from 6am to 5pm, Monday through Friday. Vans travel in Leominster .50¢, and in Fitchburg, Lancaster and Lunenburg .75¢.

### **BELOW ARE SOME OF THE RULES FOR MART VAN RIDES:**

- All van rides are by reservations only.
- To book any ride, **YOU MUST CALL THE SENIOR CENTER ON THE PREVIOUS DAY, BEFORE 1:30PM** at (978) 534-7511. Rides may be scheduled up to a week in advance.
- All rides must be scheduled a “MINIMUM” of **45 minutes before** the time of your appointment. You will be picked up at the same place the van dropped you off, unless otherwise specified. There is a minimum of **1 hour and 15** within Leominster and **1 hour and 30** minutes if going outside of Leominster from pick up to pick up.
- Shopping carts must be folded and put behind the seat on the floor and out of the aisle. You are limited to the amount of bags you can carry on the vehicle and will fit in the seat with you.
- Remember, the **VAN can run LATE!** We are not responsible if you miss an appointment.

If the van is running late, **after hours**, call the Fitchburg Mart at (978) 345-7711 ext. 2255.

### **OUT OF TOWN**

There is also a shuttle service daily to Worcester or Boston, for medical-related reasons. All out of town rides leave from the Senior Center parking lot at 100 West St. All rides are first come, first serve. Fare for Worcester is \$8.00 each way and Boston \$10.00 each way.

### **THERE IS NO CHARGE TO JOIN THE LEOMINSTER SENIOR CENTER**

We accept donations that go into the fund to support programs and activities for seniors. We ask and encourage all seniors to join the Center. Please remember to scan your key card each time you come in for your specific activity. If you need a key card please stop by the office. Statistics are gathered from the new data system and then used as a basis to receive funding from the city and state, and to better plan desired programs. **Rules pertaining to the Center are posted on the bulletin board across from the office. Please read and follow the rules – they apply to everyone.** Thank you for your cooperation. *Laurane*

THANK YOU TO THE CITY OF LEOMINSTER, THE STATE OF MASSACHUSETTS  
FOR CONTINUED SUPPORT SO WE MAY PROVIDE ACTIVITIES AND PROGRAMS FOR YOU.

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Non-Profit Organization  
U.S. POSTAGE  
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Leominster, MA 01453  
Permit No. 39

Leominster Council on Aging  
Leominster Senior Citizens' Center  
5 Pond Street  
Leominster, MA 01453-3530