

THE RICHARD J. GIROUARD LEOMINSTER SENIOR CENTER

FEBRUARY, 2019 NEWSLETTER

LAURANE BROOKS, DIRECTOR, lbrooks@leominster-ma.gov
JOANNE SMITH, PT CLERK, 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
Newsletter available online go to www.ourseniorcenter.com/find/leominster-council-on-aging



FROM THE DIRECTOR



Here we are in February, I hope everyone is staying safe and warm this winter. It can be a very cold and snowy month. Let's hope the groundhog does not see his shadow and it will be an early spring. But, if he does and there is six more weeks of winter this may be a good time to clean those closets of unwanted treasures and sell them at our indoor yard sale on Saturday, April 27th 9am—2pm.

In **February** and **March** we will be having AARP Tax Aide Volunteers doing tax returns on **Mondays** and **Tuesdays**. Since they need the back of the main hall, this is going to cause some changes in regular activities. Monday's Pitch Group will start later at 1:00pm so please take note and do not come in until 12:30pm. Tuesday's Rock Art Group will start at 1:30pm, Chair Volleyball will be moving to Thursdays at 10:00am, Computer help will only be an hour 9:00am to 10:00am, Adult Coloring Group will be from 11:00am to 12:00pm. Thank you for your patience during this time.

I would like to send out another reminder for everyone to please sign in and enter your **correct** activity each time you visit the center. Also, please update us with any change of address or phone number. Having the correct phone number and activity helps when we have to notify you if an activity is cancelled that day. If you are enjoying the center but have not signed up to be a member please see the office, it is very important for everyone who attends the center to sign in.

Take time to enjoy your family and friends and don't forget to...

Just Breathe.....Laurane



SPECIAL EVENTS IN FEBRUARY



- | | | |
|---------|-------|-------------------------------------|
| Feb. 1 | 10:00 | Lottery Bingo w/Diane River Terrace |
| Feb. 4 | 9:00 | Craft Store Open |
| Feb. 5 | 9:00 | S.H.I.N.E. (by appointment only) |
| Feb. 5 | 10:00 | Growing Places Presentation |
| Feb. 6 | 1:00 | Memory Café |
| Feb. 11 | 10:30 | Vision Support Group |
| Feb. 15 | 10:00 | Lottery Bingo w/Diane River Terrace |
| Feb. 19 | 9:00 | S.H.I.N.E. (by appointment only) |
| Feb. 20 | 10:00 | Life Care Presentation |
| Feb. 20 | 11:30 | Monthly Birthday Party |
| Feb. 25 | 10:00 | Fallon Sr. Plan |
| Feb. 27 | 1:00 | Book Club |

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

VENDORS WANTED

The Ladies Guild is looking to have a vendor sale here at the center in May or June but we need vendors. If you are a vendor and interested in selling your merchandise call us at 978-537-7511, if there is enough interest we will select a date. It will be \$10 for a six foot table.

INDOOR YARD SALE

It's time to declutter! We will be having an indoor yard sale Saturday April 27th at 9:00am—2:00pm here at the center. No charge for table, but you do need to reserve your space. Please call the office at 978-534-7511.

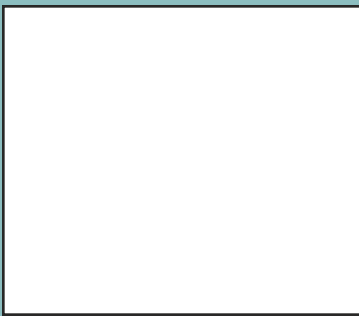
♥ Happy Valentines Day ♥

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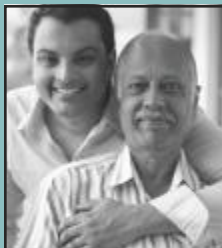
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LUNCH SERVED DAILY AT NOON BY RESERVATION

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.

M.O.C. Meals on Wheels - Home delivered meals. (978) 345-8501.

GIFTS AND DONATIONS

Thank you to Hannaford Supermarket, T.O.P.S. 9236, Nancy Pierce, Jo Jo Gallant, Amica DiRusso, John LaPosta, Karen Green, Dianne Tomey, Pat Gadoury, Kathy Swantee, Tim Corbet, David Putnam, Kurt Morin, Laura Carlton, Nancy Donahue, Paul Duval, David Long, Shirley Allard, Johanna and Mae Tabora

**Thank you to Steven Boyce,
Fallon Health/Summit Elder Care**

Thank you to all who have contributed to the Craft Store, either by donating items to sell or helping in the store!!

**Donation from Dee Dee Phillips
in Memory of Geri Schofield**

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.**

INCLEMENT WEATHER AND HEALTH 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!

We would like to remind everyone that if you are not feeling well it might be best to stay home. We have many people who attend the center and we want to try to keep everyone healthy. We also have many hand sanitizers around the building so please use them.

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!!!**



BIRTHDAY BABIES

Join us Wednesday,
February 20th at 11:30am to celebrate!

Bruce Gorrie, Virginia Cote, Enid Somma, Jane Erickson, Leslie Tobin, Gary Leblanc, Angelito Ocampo, Frances McGreevy, Cheryl Aubuchon, Peggy Carignan, David Hilow, Maria Gende, Joan Bisson, Kathy DeCosta, Janet Baron, Robert Kendall, Linda Cormier, June Duval, Bea Gove, Phyllis Lewis, Norma Mundie, Elizabeth Batista, Philip Allen, James LaValley, Patricia Landale, Albert Young, Joseph Brideau, Annette Leblanc, Jean Tessier, Nan Usman, Deanna Tardiff, Carol Racine, Sheila Scanlon, Sushmita Basu

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

NEWS FROM SHINE FEBRUARY 2019

New From Medicare!

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.**

IMPORTANT INFORMATION

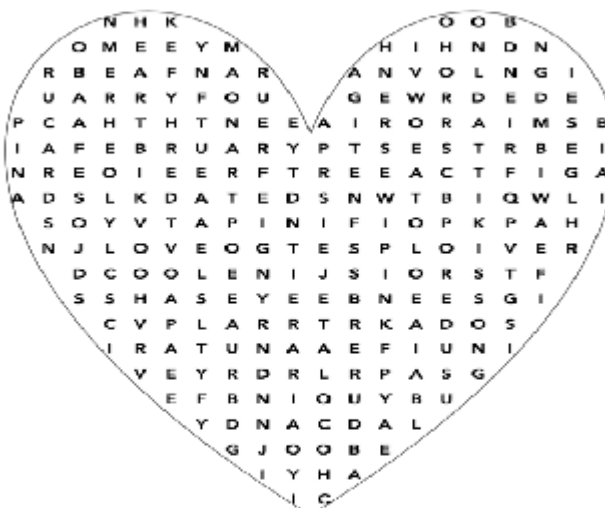
ALWAYS REMEMBER THAT IF YOU ARE TURNING 65 YOU SHOULD CONTACT SOCIAL SECURITY TO ENROLL IN MEDICARE. MEDICARE ELIGIBILITY HAS NO CONNECTION TO YOUR ELIGIBILITY FOR SOCIAL SECURITY BENEFITS. ALSO COVERAGE FROM THE HEALTH CONNECTOR DOES NOT EXEMPT YOU FROM THIS REQUIREMENT TO ENROLL IN MEDICARE, AS YOU WILL LOSE YOUR HEALTH CONNECTOR SUBSIDY WHEN YOU TURN 65. IF YOU HAVE ANY QUESTIONS YOU SHOULD CONTACT YOUR SHINE REGIONAL OFFICE AT 1-800-243-4636 OPTION #3.

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called "SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. If you don't see it on your local cable channel give them a call and ask about it.

Our website is www.shinema.org. To make an appointment with a SHINE (Serving Health Insurance Needs for Everyone) volunteer call the senior center at **978-534-7511**.

Valentine's Day
Word Search



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CHOCOLATE	CARD	CANDY
ROSES	GIFT	FRIEND
HEART	RED	DATE
KISS	PINK	CLIPID

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CREATIVE CRAFTERS CRAFT SHOP

Our store will be open on **Monday, February 4th 9:00am - 12:00pm**. 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.



HEALTHY FOOD ACCESS

Can you provide input about how to make it easier to get more fresh affordable fruits and vegetables to older adults in Leominster? Growing places will be here at the center **Tuesday, February 5th at 10:00am** to discuss more about healthy food access in Leominster. **Please sign up in the office.**



VOLUNTEER OF THE MONTH FEBRUARY 2019

Congratulations and Thank You to **Kathleen Dennen** for all you do here at the Center.

Kathleen is in charge of the Vision Support Group that meets here the 1st Monday of each month. She is responsible for the organization of the group and getting guest speakers and information to share with everyone. Thank you!!!!



The Lunch bunch will be meeting at **12:00pm, Thursday, February 28th at Comeketo Brazilian Steakhouse at 23 Sack Blvd., 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, February 6th at 1:00pm**. They will be making bird feeders. All attendees must be accompanied by a care partner. To register, please call **978-400-8778**.



NEW MEMBERS

Ruth Moran, Katherine Swan, Frank Acosta, Susan Leavy, Nancy LeShane, Paul Hebert, Kathleen Lehtinen

LOOKING FOR VOLUNTEERS AND IDEAS

We are sending this out to all the crafty people! Even though it is hard to start thinking of Christmas again in February, we are looking for volunteers and ideas for our Christmas tree for the Festival of Trees at City Hall in November. We would like to get volunteers and ideas early so there is time to work on the project. If you are interested please contact **Maria Maldari, Committee Chairperson at 978-537-7090**.



ARLINE'S BUS TRIPS

April 25th—Neil Diamond & Barry Manilow Tribute
Performed by Anthony Edwards of the Fabulous Edwards Twins. Tour includes Fantastic Show & Luncheon, Visit to Yankee Candle Shop. Departs at 8:30 a.m. from DoubleTree Hotel, Route 12, Leominster on Luxury Silver Fox Coach. \$89.00 per person.

May 23rd—MGM Springfield, MA Newest Casino
Tour includes Luxury Silver Fox CD/DVD/WIFI Coach, Exciting Casino Bonus and \$20.00 Casino Slot Play. Departs at 8:00 a.m. from Double Tree Hotel, Route 12, Leominster and arrives at 10:00 a.m. and returns at 5:00 p.m. \$32.00 per person.

For reservations, please contact Arline Ouellette at 978-537-7323.



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 8:30am - 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: Linda Thomas, Phyllis Lewis, Linda Thomas, Cheryl Anbrokan, Maria Maldari, Phyllis Lewis, Jean Valliere, Janet Thibault

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

CRIBBAGE - Thursday's 9:30am Winners: John Sneddon, Bob Novak, Mae Haney, Rene Gagnon, Ozzie Haney, Jackie Leblanc, Karen Basque, Barbara Burque, Jack Keefe, Rene Gagnon, Cecile Grosmun, Frank Charland, Theresa Burke, Sandy Flanagan

MICHIGAN RUMMY - Thursday's 10:00am

MINIATURE GOLF - Friday's 10:00am Winners: Phyllis Gagne, 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. Call for an appointment at 978-534-7511

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 Daniela Tocci 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).

WORCESTER COUNTY SHERIFF LEWIS G. EVANGELIDIS TRIAD FOR SENIOR SAFETY

TRIAD in conjunction with the Sheriff's office, is a senior public safety resource. **TRIAD** provides Iris Recognition, House Numbering Program, Silent 911, File of Life, Project Lifesaver, 911 Cell Phones for Seniors plus workshops and activities. For more information please contact **WC SO TRIAD DEPARTMENT Community Outreach Director Shawn McKenna at 508-459-9064. Community Outreach Assistant Director Joseph Dambra 508-873-9951.**

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



<p>4</p> <p>8:00 Cards/Pool /Games 9:00 AARP Tax Aide 9:15 Food Distribution 12:00 Mac & Cheese 1:00 Pitch 1:00 Golden Age Meeting</p>	<p>5</p> <p>8:00 Cards/Pool /Games 9:00 AARP Tax Aide 9:00 SHINE 9:00 Knitting 10:00 Growing Places 11:30 Meditation 12:00 Beef Tips 12:30 Whist 1:30 Rock Art</p>	<p>6</p> <p>8:30 Cards/Pool /Games 9:00 Tai-Chi 9:15 Spanish Class-Intermediate/Advanced 9:15 Food Distribution 12:00 Salisbury Steak 1:00 Bingo 1:00 Watercolor Class 1:00 Memory Café</p>	<p>7</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 Chair Volleyball 10:00 Michigan Rummy 10:30 Beginner Spanish Class 11:00 Adult Coloring Group 12:00 Grilled Chicken 1:00 Tap Dancing</p>	<p>8</p> <p>8:00 Cards/Pool /Games 9:15 Food Distribution 10:00 Indoor Mini Golf 12:00 SW & SR Meatballs 12:30 Fun Pitch 1:00 Writing Group</p>
<p>11</p> <p>8:00 Cards/Pool /Games 9:00 AARP Tax Aide 9:15 Food Distribution 10:30 Vision Support Group 12:00 Haddock Newburg 1:00 Pitch 1:00 Golden Age Meeting</p>	<p>12</p> <p>8:00 Cards/Pool /Games 9:00 AARP Tax Aide 9:00 Knitting 11:30 Meditation 12:00 Chicken w/Vodka Sauce 12:30 Whist 1:30 Rock Art</p>	<p>13</p> <p>8:00 Cards/Pool /Games 9:00 Tai-Chi 9:00 VNA Nurse 9:15 Spanish Class-Intermediate/Advanced 9:15 Food Distribution 12:00 Stuffed Cabbage Casserole 1:00 Bingo 1:00 Watercolor Class</p>	<p>14</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 Chair Volleyball 10:00 Michigan Rummy 10:30 Beginner Spanish Class 11:00 Adult Coloring Group 12:00 Chicken Jambalaya 1:00 Tap Dancing</p>	<p>15</p> <p>8:00 Cards Pool/Games 9:15 Food Distribution 10:00 Lottery Bingo w/Diane 10:00 Indoor Mini Golf 12:00 American Chop Suey 12:30 Fun Pitch 1:00 Writing Group</p>
<p>18</p> <p>CENTER CLOSED PRESIDENT'S DAY</p>  <p><i>Presidents' Day 2019</i></p>	<p>19</p> <p>8:00 Cards/Pool /Games 9:00 AARP Tax Aide 9:00 SHINE 9:00 Knitting 11:30 Meditation 12:00 Chicken Coq au Vin 12:30 Whist 1:30 Rock Art</p>	<p>20</p> <p>8:00 Cards/Pool /Games 9:00 Tai-Chi 9:15 Spanish Class-Intermediate/Advanced 9:15 Food Distribution 10:00 Life Care Presentation 11:30 Monthly Birthday Party 12:00 Turkey Tetrazzini 1:00 Bingo 1:00 Watercolor Class</p>	<p>21</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 Chair Volleyball 10:00 Michigan Rummy 10:30 Beginner Spanish Class 11:00 Adult Coloring Group 12:00 Roast Pork 1:00 Tap Dancing 3:00 COA Board Meeting</p>	<p>22</p> <p>8:00 Cards/Pool /Games 9:15 Food Distribution 10:00 Indoor Mini Golf 12:00 Chicken Corn Stew 12:30 Fun Pitch 1:00 Writing Group</p>
<p>25</p> <p>8:00 Cards/Pool /Games 9:00 AARP Tax Aide 10:00 Fallon Sr. Plan 9:15 Food Distribution 12:00 BBQ Chicken Breast 1:00 Pitch 1:00 Golden Age Meeting</p>	<p>26</p> <p>8:00 Cards/Pool /Games 9:00 AARP Tax Aide 9:00 Knitting 11:30 Meditation 12:00 Breaded Pollock 12:30 Whist 1:30 Rock Art</p>	<p>27</p> <p>8:00 Cards/Pool /Games 9:00 Tai-Chi 9:00 VNA Nurse 9:15 Spanish Class-Intermediate/Advanced 9:15 Food Distribution 12:00 Meatball Cacciatore 1:00 Bingo 1:00 Watercolor Class 1:00 Book Club</p>	<p>28</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 Chair Volleyball 10:00 Michigan Rummy 10:30 Beginner Spanish Class 11:00 Adult Coloring Group 12:00 Beef Stew 1:00 Tap Dancing</p>	 <p>Monthly Raffle Winner</p> <p><u>Becky Leavenworth</u></p> <p>See the office for your prize</p>



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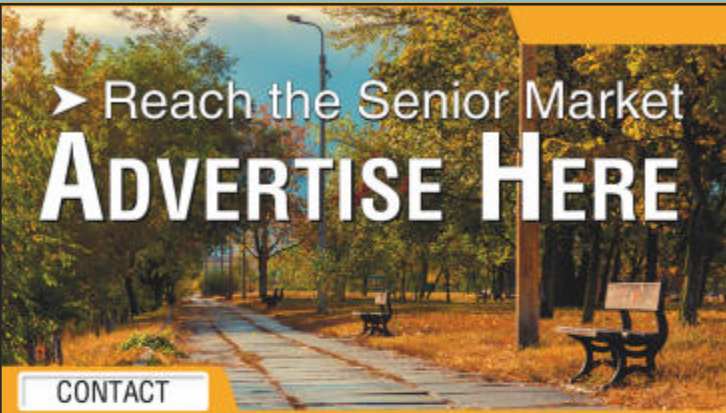
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HOME SECURITY TEAM

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
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