

THE RICHARD J. GIROUARD LEOMINSTER SENIOR CENTER

MARCH, 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



As I write this we have not had a bad winter, but we all know we can get some major storms in March so stay prepared and just know spring is not far away. On **March 5th at 1:00pm** we will be having a Mardi Gras Party, if you are interested let the office know, as we are asking for your help by bringing in a dessert. We all look forward to March and the first day of Spring, but before that comes **Day Light Savings** begins **Sunday, March 10th**, time to move the clocks ahead an hour. We will be having a St. Patrick's Day Luncheon put on by **Life Care Center** on **Wednesday, March 13th at 11:30am**. This is always a fun day so sign up early as seats are limited and will fill up fast.

We are still looking for vendors so we can have a vendor sale. If you are interested please call us at **978-534-7511**, it is only \$10.00 a table. We will set a date if we have enough interest.

Spring is the time to declutter and clean out unwanted items, but don't throw them away sign up for our indoor yard sale, **Saturday April 27th at 9:00am** and make some extra money. Your trash is someone else's treasure, call the office for a table at no cost.

Get a jump-start to spring this March! On **March 20th from 10:00-10:30am**, join Molly Peterson of local non-profit Growing Places to learn how to grow your own microgreens. Microgreens are nutrient-dense, easy to grow on your windowsill, and taste delicious on a salad, as garnish on soups, and more! At this demonstration you will learn how to plant and grow your own microgreens. You will also learn more about Growing places and what they have to offer in your community.

Think Spring and.....

Just Breathe.....Laurane



SPECIAL EVENTS IN MARCH



- Mar. 1 10:00 River Terrace Bingo w/Diane
- Mar. 4 10:30 Vision Support
- Mar. 5 9:00 S.H.I.N.E. (by appointment only)
- Mar. 5 1:00 Mardi Gras Party
- Mar. 6 10:00 Sharon Noll / Summit ElderCare
- Mar. 7 1:00 Lunch & Learn w/Right at Home
- Mar. 11 10:00 Fallon Sr. Plan
- Mar. 13 11:30 Life Care St. Patrick's Day Luncheon
- Mar. 15 10:00 River Terrace Bingo w/Diane
- Mar. 18 9:00 Craft Store Open
- Mar. 19 9:00 S.H.I.N.E. (by appointment only)
- Mar. 20 10:00 Growing Places learn to grow microgreens-
- Mar. 20 11:30 Monthly Birthday Party

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

Happy St. Patrick's Day



NEW CHAIR YOGA

We now have a new Chair Yoga Class on Friday's at 10:00am. Susan Lepore is the instructor and there is a \$5.00 fee. This is a great class so come and try it out.

This newsletter is made possible through our sponsors. Please patronize them.



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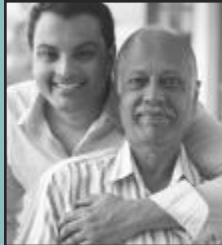
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LUNCH SERVED DAILY AT NOON BY RESERVATION

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, Diane Fox, Judy Bastarache, David Kellehea, Madeline MacDonald, Phyllis Gagne, Judy Buono, Don Beauvais, John LePosta, Leo Burgess, Diane Martin, Anna Mikels, Pat Gadoury, Stephen O'Brien

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!!!**

RIGHT AT HOME IN HOME HEALTH CARE

LUNCH & LEARN

We will be having a lunch & learn on **Thursday, March 7th at 1:00pm**. This will be a short, fun presentation about nutrition and aging. They will be serving sandwiches and cookies. Space is limited to 20 seats so sign up early.

SUMMIT ELDERCARE

Sharon Nolli from Summit ElderCare will be here at the center on **Wednesday, March 6th 10:00am - 12:00pm** to answer any questions you might have regarding Summit ElderCare. Stop by for coffee and refreshments and chat with Sharon.



BIRTHDAY BABIES

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

Arline Ouellette, Rose Tantillo, Gerry Wilder, Felix Leblanc, Earl Dooley, Flo Drake, Terry Bujold, Muriel Tyler, Dalia Olmeda, Don Tessier, Lauri Metcalf, Lorin Wilson, Diane Reed, David Thomas, Ron Smith, Tina Wright, Janet Urbanski, Kathleen Cormier, Annie Marcoux, Patti Linenkemper, John Snedden III, Rosalie LaManna, Peter Arsenault, Diane Babineau, Stephen Jablonsky, Patricia Campbell

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

FEDERAL TRADE COMMISSION SCAM WARNING

The Federal Trade Commission is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money.

In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social Security number is blocked—but he might ask you for a fee to reactivate it, or to get a new number. He will ask you to confirm your Social Security number.

In other variations, he says that somebody used your Social Security number to apply for credit cards, and you could lose your benefits. He also might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he'll tell you how to keep it safe.

All of these are scams. Here's what you need to know:

- * The SSA will never call and ask for your Social Security number. It will not ask you to pay anything. It won't call to threaten your benefits.

- * Your caller ID might show the SSA's real phone number (1-800-772-1213), **but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see there.**

- * **NEVER** give your Social Security number to anyone who contacts you in this way. **Do not confirm the last 4 digits. Do not** give a bank account or credit card number—**ever**—to anybody who contacts you by phone asking for it.

- * Remember that anyone who tells you to wire money, pay with a gift card, or send cash is **always** a scammer no matter who they say they are.

If you're worried about a call from someone who claims to be from the Social Security Administration, get off the phone. Then call the real SSA at 1-800-772-1213. If you have spotted a scam, then tell the FTC at ftc.gov/complaint. To learn more, you can go to [Fake Calls about your SSN](#).



MOIST BANANA BREAD

(Dairy Free)

- 1/2 Cup oil
- 1 Cup sugar
- 1 Egg
- 1 1/2 Cups flour
- 1 Teaspoon baking soda
- 1/4 Teaspoon salt
- 3 Medium mashed bananas

Directions:

- 1 Preheat oven to 325 degrees
- 2 Mix oil and sugar, add egg and stir
- 3 Add flour, baking soda, salt
- 4 Add bananas and pour into greased and floured pan
- 5 Bake for 1 hour then test with toothpick

This is a delicious banana bread for anyone, but especially for those that have dairy allergies.



CREATIVE CRAFTERS CRAFT SHOP

Thank you to everyone who has donated to the store and also to all our customers. The purpose of this store is to bring in money for special projects for the senior center. We are looking for spring craft items, for example bird houses, garden items, summer knitted/crochet items or anything that is spring or summery. Supplies are also welcomed to make craft items. If you have any ideas that you would like to pass on, see Becky Leavenworth, Jane Lonnqvist, JoAnn Reddy, or Donna Smith, they are always looking for new ideas. Our store will be open on **Monday, March 18th 9:00am - 12:00pm.**



VOLUNTEER OF THE MONTH MARCH 2019

Congratulations and Thank You to Larry Gianakis for all you do here at the Center.

Larry is a great asset to the center, not only is he a COA Board member he works in the kitchen and is always available to help whenever needed. He is greatly appreciated!



The Lunch bunch will be meeting at 12:00pm, Thursday, March 28th at LHS Appleseed Restaurant, 122 Granite 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, **March 6th at 1:00pm.** All attendees must be accompanied by a care partner. To register, please call **978-400-8778.**



NEW MEMBERS

Pauline Basque, Cludette Pelufto, Ronald LeShane, Sr., Carol Ellis, Roberta Brodeur,

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 March, 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 - Thursday's 10:00am Jan.-Apr.

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: S Marella, Nancy Culley, Donna Smith

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

CRIBBAGE - Thursday's 9:30am Winners: Marlene Thibeault, Fred Hamwey, Bob Eriksson, Ann Lucier, Jackie Leblanc, Narcisse Bedard

MICHIGAN RUMMY - Thursday's 10:00am

MINIATURE GOLF - Friday's 10:00am Winners:

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



Monthly Raffle Winner
Sally Tiegens

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for your prize



1
8:00 Cards/Pool /Games
9:15 Food Distribution
10:00 River Terrace Bingo
10:00 Chair Yoga
10:00 Indoor Mini Golf
12:00 Beef & Lentil Chili
12:30 Fun Pitch
1:00 Writing Group

4
8:00 Cards/Pool /Games
9:00 AARP Tax Aide
9:15 Food Distribution
10:30 Vision Support
12:00 Pork & Red Pepper Pasta
1:00 Pitch
1:00 Golden Age Meeting
1:00 **Open Craft**

5
8:00 Cards/Pool /Games
9:00 AARP Tax Aide
9:00 SHINE
9:00 Knitting
11:30 Meditation
12:00 Chicken Picatta
1:00 Mardi Gras Party
12:30 Whist
1:30 Rock Art

6
8:30 Cards/Pool /Games
9:00 Tai-Chi
9:15 Spanish Class-Intermediate/
Advanced
9:15 Food Distribution
10:00 Summit ElderCare / Sharon Nolli
12:00 Baked Haddock
1:00 Bingo
1:00 Watercolor Class

7
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 Right at Home Lunch & Learn
1:00 Tap Dancing

8
8:00 Cards/Pool /Games
9:15 Food Distribution
10:00 Chair Yoga
10:00 Indoor Mini Golf
12:00 Broccoli Bake
12:30 Fun Pitch
1:00 Writing Group

11
8:00 Cards/Pool /Games
9:00 AARP Tax Aide
9:15 Food Distribution
10:00 Fallon Sr. Plan
12:00 Chicken Marsala
1:00 Pitch
1:00 Golden Age Meeting
1:00 Open Craft

12
8:00 Cards/Pool /Games
9:00 Knitting
11:30 Meditation
12:00 Hawaiian Meatballs
12:30 Whist
1:30 Rock Art

13
8:00 Pool
9:00 Tai-Chi
9:00 VNA Nurse
9:15 Spanish Class-Intermediate/
Advanced
11:30 Life Care Luncheon
1:00 Bingo
1:30 Watercolor Class

14
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 Turkey w/Gravy
1:00 Tap Dancing

15
8:00 Cards Pool/Games
9:15 Food Distribution
10:00 Chair Yoga
10:00 River Terrace Bingo
10:00 Indoor Mini Golf
12:00 Potato Pollock
12:30 Fun Pitch
1:00 Writing Group

18
8:00 Cards/Pool /Games
9:00 AARP Tax Aide
9:15 Food Distribution
12:00 Swedish Meatballs
1:00 Pitch
1:00 Golden Age Meeting
1:00 Open Craft

19
8:00 Cards/Pool /Games
9:00 SHINE
9:00 Knitting
11:30 Meditation
12:00 Roast Pork w/Gravy
12:30 Whist
1:30 Rock Art

20
8:00 Cards/Pool /Games
9:00 Tai-Chi
9:15 Spanish Class-Intermediate/
Advanced
9:15 Food Distribution
10:00 Growing Places
11:30 Monthly Birthday Party
12:00 Chicken Teriyaki
1:00 Bingo
1:00 Watercolor Class

21
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 Shepherd's Pie
1:00 Tap Dancing
3:00 COA Board Meeting

22
8:00 Cards/Pool /Games
9:15 Food Distribution
10:00 Chair Yoga
10:00 Indoor Mini Golf
12:00 Lasagna Roll
12:30 Fun Pitch
1:00 Writing Group

25
8:00 Cards/Pool /Games
9:00 AARP Tax Aide
9:15 Food Distribution
12:00 Chicken Brunswick Stew
1:00 Pitch
1:00 Golden Age Meeting
1:00 Open Craft

26
8:00 Cards/Pool /Games
9:00 AARP Tax Aide
9:00 Knitting
11:30 Meditation
12:00 Breaded Chicken
12:30 Whist
1:30 Rock Art

27
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 BBQ Pulled Pork
1:00 Bingo
1:00 Watercolor Class
1:00 Book Club

28
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 Meatloaf w/Gravy
1:00 Tap Dancing
1:00 Red Apple Ladies

29
8:00 Cards/Pool /Games
9:15 Food Distribution
10:00 Chair Yoga
10:00 Indoor Mini Golf
12:00 Haddock Newburg
12:30 Fun Pitch
1:00 Writing Group

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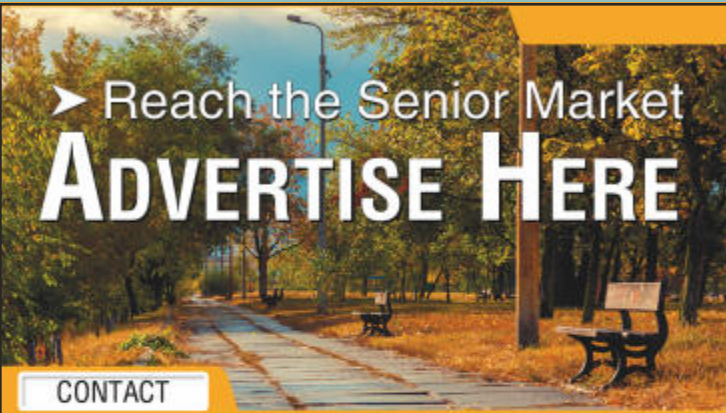
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HOME SECURITY TEAM

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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