



Lunenburg Council on Aging

50+ Community News

Eagle House Senior Community Center
25 Memorial Drive, Lunenburg MA 01462

APRIL 2022

HOURS OF OPERATION

MONDAY—THURSDAY
8AM-5PM

FRIDAY 8AM-4PM

SPECIAL WEDNESDAY HOURS
8AM-7:00PM

CLOSED

WEEKENDS & HOLIDAYS

PHONE: 978-582-4166

FAX: 978-582-4168

Email:

sdoherty@lunenburgonline.com

"The mission of the Lunenburg Council on Aging is to advocate for improved quality of life for all seniors through supportive services, programs and education."



Find us on Facebook

[Eaglehouseseniorcenter](https://www.facebook.com/Eaglehouseseniorcenter)

Staff

Director

Susan Doherty

sdoherty@lunenburgonline.com

Admin. Asst./Transportation

Amanda Koeck

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Outreach Coordinator

Pauline Roy

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Meal Site

Sandra Ricci

Elsa Watson

Ann Penney

Van Drivers

Jim McGuigan

Dave Gallagher

Peter Tomlinson

LUNENBURG COUNCIL ON AGING BOARD MEMBERS

Deb Lincoln: Chairperson

Jane Rabbitt: Vice Chairperson

Judith Tarbell: Pete Lincoln

John Pesenti: Betty DiGiacomo

Cheryl Moisan: Diane Nowd

Susan O'Sullivan: Barbara Brown

COA Board meetings are held on the 2nd Tuesday of each month at 9:30AM at the Eagle House Senior Community Center

PUBLIC WELCOME

TO ATTEND

COA WEBSITE

www.lunenburgma.gov

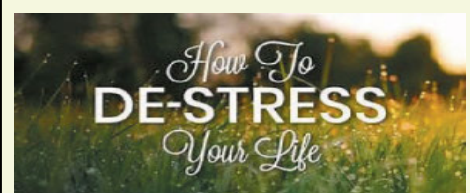
Under Town Boards click on

Council on Aging



Friday April 15th,
9-10AM
Eagle House
Senior Community
Center

Lunenburg Police Chief Thomas Gammel welcomes you to enjoy a cup of coffee with him at the Lunenburg Senior Center to discuss any questions or concerns that you have.



Monday April 25th @ 11AM

This program will discuss being thankful, taking care of yourself, not worrying about everyone else, laughter, exercise, socializing, meditation, and forgiving.

Presented by Sharon Nolli from Fallon Health and Michele Morin from Gardner Rehabilitation.

If you'd like to join in call us at 978-582-4166

Eat, Drink, and Be Educated!

Volunteering as a Pathway to Employment



Friday April 22nd @ 10AM

Join us at the Eagle House Senior Community Center for a light brunch & coffee to learn about "Volunteering as a Pathway to Employment." This program is grounded in research on the benefits of volunteerism, and explores the possibilities in volunteering as part of your job search to increase the chances of landing your ideal paid position, whether fulltime or part time. Learn about how the changing patterns of "retirement" impact the future of work while opening an expanded set of options available today for Encore careers, whether paid or unpaid. Seminar attendees can share their stories. All will leave with new information on how volunteering leads to paid jobs and a roadmap of how to use meaningful volunteer activities as a pathway to employment. Join in with others in exploring the benefits of volunteering in your work-life balance.

***Register for this program by calling 978-582-4166.**

Free
Breakfast
For Veterans

**New day change
2nd Friday of
each month.*

&

Friends

Eagle House Senior Community Center
2nd Friday of the month 9-10AM
Sponsored by the
Eagle House Supporters
Seating is limited

*To reserve your seat call 978-582-4166



**Come Play
CORN HOLE!**

Monday April 4th @11AM

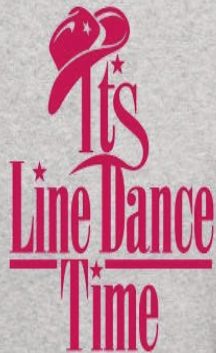


Want to learn how to play this popular game?

Come up and Brandon from Humana will show you how and then we will have a mini tournament with teams, snacks & prizes. Great exercise and lots of fun!

To Sign Up
call
978-582-4166

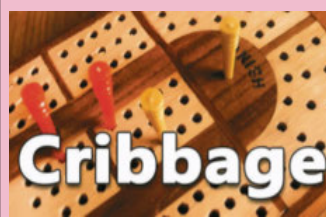
Humana



Joyce D'Aguanno is at the Lunenburg Senior Center to lead this advanced line dancing class on

**Wednesdays
from 1-2PM**

Cost per class is \$5 paid to the instructor.



Cribbage

**Tuesday Morning
Cribbage
9:30AM**

*Feeling a little
skunked?*

Come up and play cribbage at the Lunenburg Senior Center. This group has multiple tables with 4 players at each one and they're always looking for more players.

WINNERS

2/1/22—Dottie St. Jean

2/8/22—Linda Betti

2/15/22—Barbara Beloin

2/22/22—Peter Popieniuck



Mahjong

Wednesday Mornings
9AM-12 Noon

*Like to play or want to
learn to play?
Come on up and
join the group!*

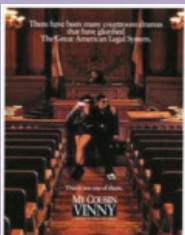


Eagle House Senior Community Center

Wednesdays—1PM

April 6th

My Cousin Vinny



April 13th

Peggy Sue Got Married



April 20th

CODA



April 27th

The Super



**Eagle House Senior
Community Center
Sponsored**

*Mondays & Fridays
11AM-1PM*

*November 1st through April 29th.
T.C. Passios Gymnasium*

*Open to all age 50+
Never played before?*

*Seasoned players will be happy to
show you the ropes!*

*For more information call
978-582-4166*



**NO Pickle Ball on school vacation or holidays*



**Eagle House
Book Club**

**Tuesday April 19th 10AM
*April Book**

*"Mrs. Lincoln's Sisters" By Jennifer Chiaverini
The Lunenburg Public Library will hold copies of the
book for us to borrow. Call them at 978-582-4140*



Menu

**Lunch is served at 12 Noon and
ends at 12:45PM
Cost—\$5.00**

Tuesday

April 5th

Sausage/Pepper/Onion on
Roll
Salad
Brownie/Ice Cream
Beverage

April 12th

Meat Loaf/Mashed Potato
Gravy
Peas/Carrots
Chocolate Eclair
Beverage

April 19th

Pizza Party
Salad
Ice Cream Sundae
Beverage

April 26th

Sloppy Joe on a Bun
Pasta Salad
Birthday Cake
Beverage

Thursday

April 7th

Grilled Cheese Sandwich
Tomato Soup
Chocolate Chip Cookie
Beverage

April 14th

Roast Beef Sandwich
Cheddar Broccoli Soup
Ice Cream Sandwich
Beverage

April 21st

Quiche
Chicken Noodle Soup
Klondike Bar
Beverage

April 28th

Tuna Boat
Vegetable Beef Soup
Ice Cream Cup
Beverage



BEGINNING ON THURSDAY APRIL 7TH

PITCH

**Eagle House
Senior
Community
Center**



**THURSDAYS
10AM
to
12 NOON**

**Chair Yoga with
Yoga Instructor
Rebecca Reber**

**Every Tuesday ~1:30pm
* April 5th to June 28th***

**Chair yoga reduces the strain on
joints and muscles which allows someone who is
unable to stand for traditional yoga the
opportunity to practice too.**

NO COST

**Space is limited so please call
978-582-4166 to sign up.**



LUNENBURG SENIOR VAN TRANSPORTATION

The Lunenburg Council on Aging senior van is handicap accessible and will transport to *Local Medical Appointments *Local Pharmacies *Local Banks *Hannaford in Lunenburg *Market Basket on John Fitch and Leominster *Whitney Field Mall *Water Tower Plaza *Marshalls/Home Goods in Leominster *Local Hairdresser/Barber Shop Appointments *Eagle House Senior Community Center.

*Cost to ride local is \$1.00 roundtrip +.50 each additional stop
\$2.00 roundtrip Nashoba Valley Medical Center +.50 each additional stop*

No more than 3 passengers allowed on the van and all social distancing and other safety practices will be strictly enforced for those driving and using the van. Masks must be worn and clients will be required to sanitize hands before entering van and upon return from appointment.

TO BOOK A RIDE CALL 978-582-4166 AT LEAST 24 HOURS IN ADVANCE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



VETERANS INFORMATIONAL EXPO

Tuesday April 12, 2022 6-8PM

Lunenburg Senior Center

25 Memorial Drive, Lunenburg, MA

Join the Lunenburg Veterans Service Officer, David Lauzon Jr., for this
"Multi-Agency" informational event.

I
8:30 Walking Club
11AM-1PM Pickle Ball @ TCP
12:00 Women's Club
NO ZUMBA

4 8:30 Walking Club
11:00 Corn Hole
11AM-1PM Pickle Ball @ TCP
1:00 Stitch & Chat
1:00 Men's Pool

5
8:30 Walking Club
9:30 Cribbage
12-12:45 Lunch— Sausage/
Pepper/Onion on Sub Roll,
Salad, Brownie/Ice Cream,
Beverage
1:30 -Chair Yoga with Rebecca
3:00 Tap Dance

6
8:30 Walking Club
9-10:00 Mrs. Bellows Breakfast
Bar
9:00-12 Noon Mahjong
1:00 Line Dancing
1:00 Movie— My Cousin Vinny
5:30 Yoga

7 8:30 Walking Club
10-11:00 Ageless Grace
10AM—Noon Pitch
12-12:45 Lunch— Grilled
Cheese, Tomato Soup,
Chocolate Chip Cookie,
Beverage
1:00 Ladies' Pool
1:30 BINGO

8
8:30 Walking Club
9-10:00 Vets Breakfast
11AM-1PM Pickle Ball @ TCP
1:00 Men's Group
1:00 ZUMBA

11
8:30 Walking Club
11AM-1PM Pickle Ball @ TCP
11:30 Friendly Seniors
1:00 Stitch & Chat
1:00 Men's Pool

12
8:30 Walking Club
9:30 Cribbage
9:30 COA Meeting
12-12:45 Lunch—Meatloaf,
Mashed Potato/Gravy, Peas/
Carrots, Chocolate Eclair,
Beverage
1:30-Chair Yoga with Rebecca
3:00 Tap Dance
6-8PM Veteran's Expo

13
8-10:00 Lions Club Pancake
Breakfast
8:30 Walking Club
9:00-12 Noon Mahjong
1:00 Line Dancing
1:00 Movie— Peggy Sue Got
Married
5:30 Yoga

14 8:30 Walking Club
10-11:00 Ageless Grace
10AM—Noon Pitch
12-12:45 Lunch— Roast
Beef Sandwich, Cheddar
Broccoli Soup, Ice Cream
Sandwich, Beverage
1:00 Ladies' Pool
1:30 BINGO

15
8:30 Walking Club
9-10:00 Coffee with the
Chief
9-11:00 Computer Help
Time by appt. 978-582-
4166
11AM-1PM Pickle Ball @
TCP
1:00 ZUMBA

18 CLOSED
Patriot's Day



19
8:30 Walking Club
9:30 Cribbage
10:00 Book Club "Mrs.
Lincoln's Sisters"
12-12:45 Lunch- Pizza Party,
Salad, Ice Cream Sundae,
Beverage
1:00 Men's Pool
1:30 Chair Yoga with Rebecca
3:00 Tap Dance

20
8:30 Walking Club
9-10:00 Mrs. Bellows Breakfast
Bar
9:00—12 Noon Mahjong
1:00 Line Dancing
1:00 Movie— CODA
3:30 Healing Conversations
5:30 Yoga

21
8:30 Walking Club
10-11:00 Ageless Grace
10AM—Noon Pitch
12-12:45 Lunch— Quiche,
Chicken Noodle Soup,
Klondike Bar, Beverage
1:00 Ladies' Pool
1:30 BINGO

22
8:30 Walking Club
10:00 Volunteering as a
Pathway to Employment
11AM-1PM Pickle Ball @TCP
1:00 ZUMBA

25
8:30 Walking Club
11AM-1PM Pickle Ball @ TCP
11:00 How to De-stress Your
Life
1:00 Men's Pool
1:00 Stitch & Chat

26
8:30 Walking Club
9:30 Cribbage
12-12:45 Lunch— Sloppy Joe
on a Bun, Pasta Salad,
Birthday Cake, Beverage
1:30-Chair Yoga with Rebecca
3:00 Tap Dance

27
8:30 Walking Club
9-10:00 Mrs. Bellows Breakfast
Bar
9:00—12 Noon Mahjong
1:00 Line Dancing
1:00 Movie— The Super
5:30 Yoga

28 8:30 Walking Club
9-11:00 Blood Pressure/
Consultation with Nurse
10-11:00 Ageless Grace
10AM—Noon Pitch
12-12:45 Lunch— Tuna Boat,
Vegetable Beef Soup, Ice
Cream Cup, Beverage
1:00 Ladies' Pool
1:30 BINGO/Cookies at break
courtesy of "The Gables"

29
8:30 Walking Club
11AM-1PM Pickle Ball @TCP
1:00 ZUMBA

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Send us your pet pictures!

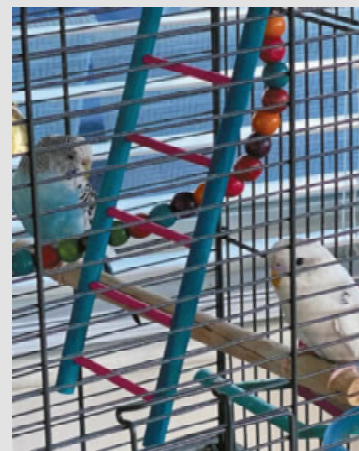
Got a cute pet you'd like to see featured each month in our newsletter? Email Sue at sdoherty@lunenburgonline.com with a picture and name of your trusty companion or companions and we will pick one and publish it each month.

Meet Mr. Blue & Mrs. White!

Mr. Blue & Mrs. White are parakeets who live on Cape Cod and belong to Betty DiGiacomo's brother Dr. John Santoro.

According to Betty, Mr. Blue loves to sit on her brother's head whenever he gets the chance!

These two love birds look like a match made in heaven!



Amanda's Community Corner

Lori Holden has conquered many challenges to get to where she is today, and Lunenburg is fortunate to have gained such a resident.

Lori was born and raised in Athol, and overcame several obstacles in her youth. She's married, and has two daughters. Not long after her youngest was born, in 1998, Lori was in a horrific car accident that almost ended her life, numerous times. She has lived in several nursing homes between here and Boston, until six years ago, when she found a home in Lunenburg with three other women who face similar challenges. The home is staffed with aides around the clock to help out.

Before her life was turned upside down, Lori was a nurse's assistant for about twenty years, and then was studying at Mount Wachusett Community College to become a nurse. Just last year, she started volunteering for the Woo Sox, selling raffle tickets at the games to benefit the Woo Sox and United Way Community Foundations. Last year, on the anniversary of her accident, she threw out the first pitch at a baseball game. Lori plans to volunteer for the Woo Sox again this year.

Lori found us about a month ago, and has been coming up at least twice a week since then. She is full of positive energy, and lifts everyone's spirits with her charm.

Welcome, Lori. We're all glad you're here!



Monthly Birthday Celebrations!

We will be serving Birthday Cake on the last Tuesday of each month to celebrate birthdays. AND if you are celebrating a birthday that month you will get a special prize at lunch!



You must reserve your lunch by calling 978-582-4166 at least 24 hours in advance.

One-on-One Computer Help



With Doug Pulsifer

3rd Friday of the month

9-11:00AM

Sign up for "one on one" time with Doug, who is a computer specialist, and he will be able to answer most of your questions concerning using your computer. Bring your lap top or other device with you.

For questions and sign up please call 978-582-4166

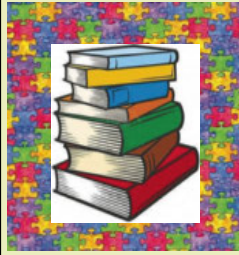
FREE AD DESIGN

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 CALL 800.477.4574

POOL TIME

*Mondays
Men's Pool - 1PM
*Thursdays
Ladies' Pool—1PM



Eagle House
Library & Puzzle
Swap is open for
business
Monday—Friday
8:30AM-4PM



Lunenburg Turkey Hill Family Lions Club Pancake Breakfast

\$3.00

2nd Wednesday of each month
8-10:00 AM

Eagle House Senior Community Center

THURSDAY BINGO 1:30PM

Cards are .50 cents
each and are

purchased before the game.
FREE COFFEE



Stitch & Chat

Join us every Monday
afternoon at 1PM to work on
your handwork.
If you like to quilt, sew, knit,
crochet, do any type of
needle work and chat with
some very nice people, then
this is the place for you!

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&
Consultation
with the Nurse**

**BLOOD PRESSURE CLINIC
&
CONSULTATION WITH THE NURSE**
April 28th 9-11am



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MEN'S GROUP

2nd Friday of each month at
1PM. Come up and join in
conversation, card games,
darts or billiards.



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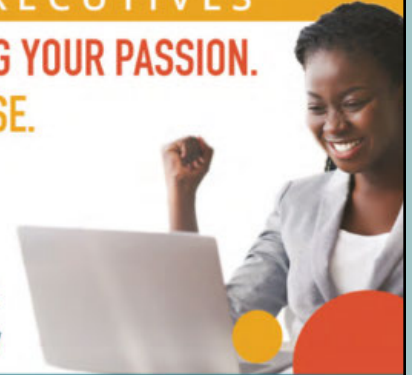
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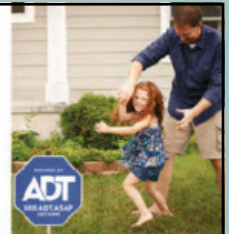
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Thank you to everyone who have donated items and free programs to the Eagle House Senior Community Center. Lunenburg Turkey

**Hill Family Lions Club,
Lunenburg Police/Fire/DPW,
Lunenburg Friendly Seniors,
Humana, The Gables, Fallon Health,
Gardner Rehab, Helen Balcom,
Dick Violette & to The Eagle House
Supporters Inc.**

If you can't get out to pick up copies of our Lunenburg Council on Aging 50+Community Newsletter you can view it online by going to



mycommunityonline.com

Once there when prompted just type in **Lunenburg Council on Aging** and you can view copies of our newsletter. You can also get a copy mailed to your home by mailing a check to the Eagle House for \$6 made out to Eagle House Supporters.

Please mark newsletter in memo box on check



EVENING YOGA

Yoga for Vitality "LIVE" with Linda Malcomb

Wednesdays at 5:30PM

Eagle House Senior Community Center

This is an all-levels yoga class for 50+ year olds in reasonable health.

NO EXPERIENCE NECESSARY

You will explore basic yoga poses coupled with mindfulness and breathing awareness to reconnect all those forgotten and underused muscles to the brain for optimal presence and vitality.

Bring a mat, your curiosity, and your openness to rediscover ease and joy of movement.

For more information call Linda @ 978-582-1650 or email lindamalcomb@mac.com

*\$10 per class
Drop-Ins
Welcome*



Eagle House Senior Community Center Outreach/SHINE Appointments



Pauline Roy
Outreach Coordinator

Pauline is now our own in house **OFFICIAL SHINE COUNSELOR!**

SHINE stands for "Serving Health Insurance Needs of Everyone." If you have questions about your health insurance please give her a call.

Pauline is also here to answer questions regarding **Meals on Wheels, Elder Housing, SNAP, Fuel Assistance, Assisted Living and Nursing Home information, etc.**

Outreach/SHINE is available by appointment only, with Pauline Roy, Outreach Coordinator at the Eagle House Senior Community Center.

To make appointment call **978-582-4166**



Healing Conversation with

Lucia Camara

Are you grieving? Lonely?

Please join us for

Healing Conversations- a free adult bereavement support series offered by

Nashoba Nursing Service & Hospice and Nashoba Associated Boards of Health. Registration is not required, but appreciated, so we can plan accordingly and have enough materials and hand-outs.

Held on the 3rd Wednesday of each month at 3:30PM.

For more information call 978-582-4166.