

# WEYMOUTH ELDER SERVICES

Friends, Health, & Cheer– It all Starts Here!

## OCTOBER 2022



### Registration opens Monday, October 3rd at 9:00 A.M.

Robert Hedlund, Mayor - Laureen Pizzi, Chairman of the Board - Karen Johnston, Director

#### SPONSORED PROGRAMS POLICY

Registration to programs is first offered to seniors (60+) of the Town of Weymouth and non-resident official volunteers. If additional space is available, non-residents are welcome to participate. Transportation and Outreach Services are offered solely to residents of the Town of Weymouth. Evening programs are intergenerational 18+.

Weymouth Elder Services 781-682-6140 • Transportation 781-682-3824 • Meals on Wheels (781) 848-3910  
Hours: Monday-Friday 9:00 A.M. - 4:00 P.M. Online Newsletter: [www.ourseniorcenter.com](http://www.ourseniorcenter.com) (search for Weymouth) •  
Facebook: [weymouthcouncilonaging](https://www.facebook.com/weymouthcouncilonaging) • YouTube: Weymouth Elder Services

## \$2 Grab n' Go

Fasano's Pasta & Meatballs

Friday, October 21st; 11:00 AM – 1:00 PM



Please join us for a Halloween Grab n' Go. This event is limited to

Weymouth Seniors and non-resident volunteers of the senior center. You must sign up at reception. Pasta and Meatballs by Fasano's Catering will be served. Costumes Encouraged. Sweet Treats will be provided by Representative James Murphy and Senator Patrick O'Connor's Office. Admission: Donation of \$2.00 per person due at registration. Funding for this Grab n' Go is provided by a Massachusetts State Earmark Grant.



## Halloween Costume Party \$5

Friday, October 28th, 1:00 – 3:00 PM

Admission: Donation of \$5.00 and a pair of socks for Father Bills homeless shelter.

This party is open to all seniors aged 60+ and will feature entertainment from our very own Whipple Snappers band and pizza by Domino's. Costumes are strongly encouraged.

Prizes for best dressed will be awarded as well as most original, funniest, best makeup, best duo, cutest, scariest, and favorite overall.

### SOCKS



To view our online version of this newsletter, please visit [www.ourseniorcenter.com](http://www.ourseniorcenter.com)

## THE PUMPKIN GIVE-A-WAY FARMERS MARKET

At the Weymouth High School

Sunday, October 2nd  
10:00AM—2:00PM

Stop by and visit Weymouth Elder Services at our tent! We will have special treats for you.



### Farmer's Market Coupons

Expire on October 31st 2022  
Use them at any Farmer's Market in the state of Massachusetts!

### OCTOBER REGISTRATION DAY Monday October 3rd



### Flu Shot Clinics Weymouth Health Dept.

Get the Flu Shot  
Not the Flu.

#### TOWN HALL

Mon. Oct 3rd, 10-7 PM  
Mon. Oct 17th, 10-7 PM  
Tues. Oct 18th, 10-7 PM

#### WHIPPLE SENIOR CENTER

Tues. Oct 4th, 10-1 AM

**\*\*Appointments are required\*\***

Medical insurance is required but you will not be denied if you don't have insurance. If you need assistance booking, please call the Weymouth Health Department at 781-340-5008.

## Medicare Open Enrollment October 15-December 7th

### PLEASE BE ADVISED:

For the period October 15 - December 7 SHINE counselors are not able to provide one-on-one appointments to discuss your Part D plans – there are not enough appointment hours available.

Please consider attending this very important presentation below discussing the plan changes for 2023 plans.

### Medicare Part D Seminar - Plan Comparisons for Open Enrollment



### Wednesday, October 5th 1:00PM

SHINE Counselors - will present an overview of upcoming Medicare changes to Part D prescription plans. A Q & A period following the presentation, but will not allow for detailed discussions or review of individual medical conditions.

During open enrollment you should review your options for the coming year and, if need be, enroll in a new Part D plan. You want to make sure that you'll be enrolled in the most cost effective plan for next year.

If you are enrolled in a Medicare Part D drug plan, you should receive in the mail an information packet from your plan by the end of September. It is important to read and save this information because it explains the changes to premiums, deductibles, co-pays, and drugs covered.

Pre-enrollment forms and instructions will be available for pick up at the reception desk starting Friday, September 30. You can bring these

completed forms back with you when you attend this presentation. You can also bring your list of meds with you and fill out the SHINE pre-enrollment form while you are here at the presentation. Make sure that you include your Medicare Account User Name and Password when you fill out the form. If you do not have a Medicare account, SHINE will assign a user name, password and hint question.

If you do not provide Medicare account information or allow SHINE to create an account, no Part D search will be conducted and this form will be returned to you.

Completed forms can also be returned to Weymouth Elder Services in person by mail, or by using the drop box outside of the senior center. Mark your sealed envelope ATTN: SHINE.

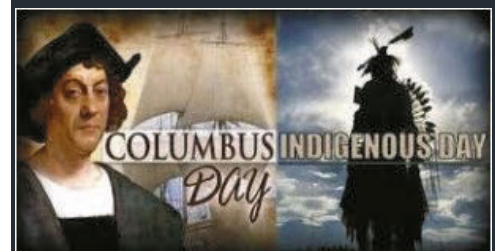
Once completed, search results will be mailed to you with instructions on how to enroll in the best Part D plan for next year.

So we can accommodate a rather large crowd, we need to know how many are attending. Please register in person starting Monday, October 3rd.

### LAST CALL 4 PEN PALS

Space is limited and will be offered on a first come first serve basis. Even if you were a Pen Pal last year, you must re-register by stopping in to sign up or by calling Neil at 781-682-3826.

### October 10th—Senior Center Closed



Transportation Day Trips  
Salem MA, October 12th  
Old North Church, October 19th  
Essex Clamfest, October 22nd  
see page 5 for more information

**\* PUMPKIN DECORATING \***  
**Thursday, October 20th, at 1:00 PM**

Join us for a fun and spooky day of decorating pumpkins! We will provide the pumpkins and decorating supplies. All you need is your creativity!



Admission: Donation of \$3.00. Please register starting October 3rd. Maximum attendance of 24 people.

**Grab n' Go, October 21st**  
 See cover page

**Smoke Detector Installation Day**  
**Saturday, October 22nd**  
 9:00 a.m.—Noon



Do you need help with your smoke alarm or CO2 alarm? Have you checked the batteries lately? Weymouth Seniors residing in single or two-family houses that need assistance with the installation of smoke detectors can call to receive help. Thanks to our dedicated Weymouth Firefighters Local 1616 and the Friends of the Council on Aging, we are again running this very successful outreach program. Please call Weymouth Elder Services reception at 781-682-6140 to register no later than October 17th.

**North Weymouth Civic Association**  
**Candidate Night October 26th**  
 7:00—9:00PM  
 at the Senior Center

**Halloween Party, Oct. 28th.** See cover page. Don't forget your sock donation for Father Bills. If you can't make the party but want to donate socks, drop them off any time during October.



**FALL FAIR**

SATURDAY  
**November 5th**

**Naughty Needlers Fall Fair**

**SAVE THE DATE**  
 9:30—1:30 P.M.

**Cheapest Prices in Town**

**Whipple Senior Center**  
 182 Green Street  
 Weymouth, MA 02191

**Cheapest Prices in Town**

**RUMMAGE SALE**

After much success last year we have decided to include another rummage sale at the annual Naughty Needlers Fall Fair On Nov. 5th. If you have NEW or GENTLY USED items that you'd like to donate to this rummage sale, please drop them off on Friday, November 4th from 11:00 A.M.—8:00 P.M. Drop off is one day only and is the day before the rummage sale. On the day of the sale, we will sell bags at \$5.00 each for you to fill. Thanks to St. Alberts for supporting this event. Any questions, call 781-682-3826. Proceeds go to senior programs at the senior center.



Special thanks to all that have dropped off gently used jewelry for our Knitters Fair Jewelry Sale. We can't wait to show you all of the, "New to You" Jewelry. There's still time to donate to this years fair. We will accept donations up until Monday, October 31st.

**SAVE THE DATE**  
**November 5th**

**Lou's Farm Stand**

Weymouth Elder Services sincerely thanks Lou Osterman for selling his homegrown veggies to seniors in the lobby over the past season! We hope to have him back next year.



**VOLUNTEER**

**Student Volunteer Week**

October 17th—21st

After school hours are available to students looking to complete their assigned hours or simply to make a difference! We will be preparing items for our annual Knitter's fair that takes place on Saturday, November 5th. We will be open until at least 5:30 PM each night with additional hours available Monday, Tuesday and Wednesday. To sign up to volunteer call Neil at 781-682-3826

# Weymouth Friends of the Council on Aging

Welcome to the new Friends' corner of the newsletter. Here, we will highlight updates each month to let you know what we have funded as well as provide an update on programs and activities. We'll also highlight future events for Friends' only members and promote future fundraisers that benefit the programs and services of the senior center. We will also use this space to recruit Friends' member volunteers to help us in our future endeavors. Keep your eye on this corner every month.

**THE FRIENDS OF THE WEYMOUTH COUNCIL ON AGING**  
INVITE YOU TO ATTEND THE **\$8**  
OKTOBER FEST FRIENDS LUNCHEON  
Friday, October 14th at 12:00 Noon

## Roast Pork + Spaetzle



This special edition of the friends luncheon is themed around Oktoberfest. Please dress in clothes themed for the occasion.

This event serves as a Friends Fundraiser. The main course will be Roast Pork with Spaetzle with a side of veggies and dessert. Coffee or tea is also served. Please stop by reception to register on or after Oct. 3rd. Payment is due at that time of registration and seating is limited to 45. Please call 781-682-3824 to arrange for transportation.

**JOIN US FOR GERONIMO DIRECTLY AFTER THE LUNCHEON**

Giving Tree Tags (with gifts desired from local nursing home residents) will be available starting Thursday, November 17th.

Thanks to all the volunteers that signed up to help our FRIENDS with this project. We will reach out to you in early November for your help.

Christmas will be here before you know it! If you would like to be part Santa's crew, please leave your name and phone number in our mailbox located near the reception desk when you visit the Senior Center for your daily activities. *Thank you!*



**Friends Trip by Sandy Gildea**  
New Hampshire's White Mountain Hotel and Resort—Christmas Tour  
North Conway, New Hampshire  
3 Day/2 Nights

1st BUS; 2nd Bus; and 2nd Trip

**SOLD OUT**



## 50/50 UPDATE



Thanks to the Fundraising Chair, Millie Ficarra and her multiple visits to sell tickets, the raffle raised \$1343.00 dollars. The lucky winner was Barry Drew, a daily volunteer for Meals on Wheels. Barry took home \$671.50. Thanks to all that made this fundraiser such a great success.



Stop by to say hello at the Pumpkin Give-A-Wey on Sunday, October 2nd. The Friends will be selling yummy cider. We'd love to see you there.

### FCOA MEMBERSHIP UPDATE

Total members—721  
663—WEYMOUTH  
58—NON WEYMOUTH

**Friends of the Council On Aging—Friday Movies.**

**\$1**

**MOVIES**  
HOME OF MOVIES

**MOVIE TIME:**  
1:00 P.M.

### October 7th Where The Crawdads Sing PG 13

2022· Drama/Coming of Age· 2h 05m. Kya is an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumors of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect. As the case unfolds, the verdict as to what actually happened becomes increasingly unclear, threatening to reveal the many secrets that lay within the marsh.



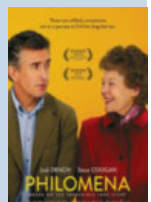
### October 14th Out of Africa

1985· Romance/Drama  
2h 41m. Hoping to forge a better life, Denmark native Karen Blixen (Meryl Streep) enters into a marriage of convenience with a womanizing baron. But when the couple moves to Nairobi, Karen falls in love with a free-spirited hunter (Robert Redford) who can't be tied down. Director Sydney Pollack's lush period drama earned seven Academy Awards, including statues for Best Picture, Best Screenplay and Best Cinematograph



### October 21st Philomena PG

2013· Drama/Tearjerker · 1h 35m. Floundering BBC journalist Martin Sixsmith and aging Irishwoman Philomena Lee form an unlikely bond when they pair up to find the son Philomena was forced to give up for adoption 50 years ago.



## Transportation : 781-682-3824



### Event Transportation - (Please schedule at Reception)

10/12 - Day Trip to Salem MA	\$10
10/19 - Old North Church, Boston MA	\$20
10/22 - Essex Clamfest	\$10

Departure for trips above is from the senior center unless otherwise noted. No home pick-ups. COST: \$1.00 Popcorn and Drink provided for every show! Transportation for activities at the senior center will be based on timing of each activity.

### Shopping Transportation - (Please schedule through transportation directly by calling 781-682-3824.)

Any Weymouth senior needing transportation to and from Shaws's or Stop and Shop can schedule transportation for the trips below.

**Wednesday AM:** Pick-ups begin at 8:30 a.m and shoppers will have an hour to return to the bus for transportation home. We suggest a \$6 donation for morning shopping transportation.

**Tuesday and Thursday PM:** Pick-ups will begin at 4:00 p.m. and shoppers will have an hour to return to the bus for transportation home.

### Day Trip to Salem, MA Wednesday, October 12th



In the days of old, pagan and Celtic tradition held that the barrier between the realms of the living and the dead was at its thinnest beginning mid-September through October, culminating in celebration of Samhain (October 31st) and All Saint's Day (November 1st).

Please join us for a pilgrimage to Witch City where you'll have the day to explore every magical morsel there is to see. Browse shops for crystals and implements of the divine, stop at a café for a bite to eat, or consort with one of Salem's city-certified mediums to see what Destiny has in store for you! Buses leave the center at 8:30am for ~10:00 arrival. Buses will depart Salem by 2:00 PM for arrival at the center by 4:00 PM. Transportation costs \$10, due at signup. 30 passenger maximum. Refund is available ONLY if we find a replacement for you.

### Medical Transportation for Weymouth and surrounding towns - (Please schedule by calling 781-682-3824.)

Transportation for local medical appointments are provided based on availability. Please schedule transportation with us as soon as you book your medical appointment. Last minute scheduling will only be accommodated if the schedule permits. Donations per trip at \$3.00 each way are sought to help cover the expenses of the transport and the vehicles we need to transport in. This service is only available to Weymouth seniors 60+. Please call transportation to schedule local medical appointments and to inquire more about this service (781-682-3824).

### Medical Transportation for Boston Area - (Please schedule by calling 781-682-3824.)

This Service is for seniors 60+ who are unable to access other modes of transportation for appointments in and around Boston. This transportation is a contracted service with appointments scheduled through Weymouth Elder Services. This program is funded in part by a Title IIIB grant of the Older Americans Act through South Shore Elder Services. If you wish to make a donation for this service you can send it South Shore Community Action Programs, 71 Obery Street, Plymouth, MA 02360.

### Essex Clamfest Westford, MA Saturday, October 22nd

The 38th Annual Essex Clamfest is from 11:00 AM to 4:00 PM in Shepard Memorial Park in Essex. Although the highlight of the day is the Chowder Tasting Competition- come taste Cape Ann's finest chowders- there is a great variety of activities, including arts and crafts vendors, live entertainment and plenty of food vendors on-site!

Buses leave the senior center at 9:30 AM Saturday morning to arrive in Essex for 11:00 AM, which is when festivities are scheduled to begin. We'll stay until 3:00 PM so we can be back at the center by 4:30 PM. 30 seats are available for this trip. \$10:00 is due on the day of sign-up. Refund is available ONLY if we find a replacement for you.

### Old North Church Wednesday, October 19th



Unbeknownst to many, the Old North Church basement houses a crypt containing approximately 1,100 burials. From 1732 to 1860 the church interred congregants below its very floor boards as a way to meet the burial demands of the congregation while also taking advantage of all available space on the property. Join us for a guided tour of the basement Crypt and discover the macabre history of colonial death practices. **Note:** Participants should be comfortable in a basement setting and navigating tight spaces. The crypt has low lighting, uneven surfaces, and is not wheelchair accessible. Walkers **WILL** fit in the crypt. Buses depart senior center at 9:30 AM for our 10:30 AM reservation, finishing at about 11:45 AM. Then we'll head to Theo's Cozy Corner Café for lunch before returning to the senior center. 20 seats are available. Registration costs \$20 per person and includes ticket for crypt tour. Be sure to bring lunch money! Refund is available ONLY if we find a replacement for you.

# Monday

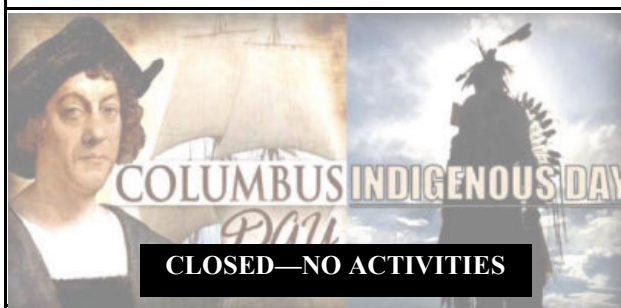
# Tuesday

# Wednesday

10:00	Friends Board Meeting (12)	<b>3</b>
10:00	Foot Care*	
11:00	Muscles in Motion (Gym)	
11:15	Adult Coloring/Coffee Hour (Rm 12)	
12:15	Muscles in Motion (Gym)	
1:00	Creative Circle (Rm 12)	
1:30	Zumba Gold (Gym)	
3:00	Social Dancing Class (Gym)	
5:00	<b>NEW-</b> In-Door Walking Club	
6:00	<b>NEW-</b> Stability Ball with Christine (Gym)	
7:00	<b>NEW-</b> Zumba with Christine (Gym)	

9:00	Woodcarving (Rm 7) <b>AND</b> Balance, Heart & Stretch	<b>4</b>
9:30	Knitting/Crocheting (Rm 11)	
10:00	Pickleball (outside)	
10:00	Genealogy Workshop* (Rm 6)	
12:00	Poker (Rm 10)	
1:00	Wii Bowling (Rm 11)	
2:00	Choral Group "Whipple Wills" (Rm 7)	
4:00	Evening Shopping	
5:00	<b>NEW-</b> Yoga with Suzanne (Gym)	
6:00	<b>NEW-</b> Line Dancing with Sue (Gym)	

9:00	Morning Shopping
10:00	<b>Blood Pressure Clinic (Rm 12)</b>
10:00	Muscles in Motion (Gym)
10:30	Writers' Workshop (Rm 12)
11:15	Line Dancing (Gym)
1:00	Open Art Painting - no in
1:00	<b>Medicare Open Enrollment</b>
1:30	Computer 101 (Computer
3:00	Internet Basics (Computer
5:00	<b>NEW -</b> Balance and Stre
6:00	<b>NEW -</b> Zumba Gold with
7:00	<b>NEW -</b> Zumba with Chri



9:00	Woodcarving (Rm 7), Balance, Heart & Stretch	<b>11</b>
9:30	Knitting/Crocheting (Rm 11)	
10:00	Pickleball (outside)	
10:00	Genealogy Workshop* (Rm 6)	
12:00	Poker (Rm 10)	
1:00	Wii Bowling (Rm 11)	
2:00	Choral Group "Whipple Wills" (Rm 7)	
4:00	Evening Shopping	
5:00	<b>NEW-</b> Yoga with Suzanne (Gym)	
6:00	<b>NEW-</b> Line Dancing with Sue (Gym)	

8:30	Trip: Salem
9:00	Morning Shopping
10:00	Muscles in Motion (Gym)
10:30	Writers' Workshop (Rm 12)
1:00	<b>Olde Kids on the Block (Rm 12)</b>
1:00	Open Art Painting - no in
1:30	Computer 101 (Computer
3:00	Internet Basics (Computer
5:00	<b>NEW -</b> Balance and Stre
6:00	<b>NEW -</b> Zumba Gold with
7:00	<b>NEW -</b> Zumba with Chri

11:00	Muscles in Motion (Gym)	<b>17</b>
11:15	Adult Coloring/Coffee Hour (Rm 12)	
12:15	Muscles in Motion (Gym)	
1:00	Creative Circle (Rm 12)	
1:30	Zumba Gold (Gym)	
3:00	Social Dancing Class (Gym)	
5:00	<b>NEW-</b> In-Door Walking Club	
6:00	<b>NEW-</b> Stability Ball with Christine (Gym)	
7:00	<b>NEW-</b> Zumba with Christine (Gym)	

9:00	Woodcarving (Rm 7), Balance, Heart & Stretch	<b>18</b>
9:30	Knitting / Crocheting (Rm 11)	
10:00	Chair Yoga (Gym) <b>AND</b> Pickleball (outside)	
10:00	Genealogy Workshop* (Rm 6)	
12:00	Poker (Rm 10)	
1:00	Wii Bowling (Rm 11)	
1:30	Tai Chi (Gym)	
4:00	Evening Shopping	
5:00	<b>NEW-</b> Yoga with Suzanne (Gym)	
6:00	<b>NEW-</b> Line Dancing with Sue (Gym)	

9:00	Morning Shopping
9:30	Trip: Old North Church
10:00	<b>Blood Pressure Clinic (Rm 12)</b>
10:00	Seated Chair Massage* (Rm 12)
10:00	Muscles in Motion (Gym)
10:30	Writers' Workshop (Rm 12)
11:15	Line Dancing (Gym)
1:00	Open Art Painting - no in
1:30	Book Club (Rm 10)
1:30	Computer 101 (Computer
3:00	Internet Basics (Computer
5:00	<b>NEW -</b> Balance and Stre
6:00	<b>NEW -</b> Zumba Gold with
7:00	<b>NEW -</b> Zumba with Chri

10:00	Foot Care*	<b>24</b>
11:00	Muscles in Motion (Gym)	
11:15	Adult Coloring/ Coffee Hour (Rm 12)	
12:15	Muscles in Motion (Gym)	
1:00	Creative Circle (Rm 12)	
1:30	Zumba Gold (Gym)	
3:00	Social Dancing Class (Gym)	
5:00	<b>NEW-</b> In-Door Walking Club	
6:00	<b>NEW-</b> Stability Ball with Christine (Gym)	
7:00	<b>NEW-</b> Zumba with Christine (Gym)	

9:00	Woodcarving (Rm 7), Balance, Heart & Stretch	<b>25</b>
9:30	Knitting / Crocheting (Rm 11)	
10:00	Chair Yoga (Gym) <b>AND</b> Pickleball (outside)	
10:00	Genealogy Workshop* (Rm 6)	
12:00	Poker (Rm 10)	
12:30	Trivia (Rm 7)	
1:00	Wii Bowling (Rm 11)	
1:30	Tai Chi (Gym)	
4:00	Evening Shopping	
5:00	<b>NEW-</b> Yoga with Suzanne (Gym)	
6:00	<b>NEW-</b> Line Dancing with Sue (Gym)	

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6:00	<b>NEW -</b> Zumba Gold with
7:00	<b>NEW -</b> Zumba with Chri

11:00	Muscles in Motion (Gym)	<b>31</b>
11:15	Adult Coloring/ Coffee Hour (Rm 12)	
12:15	Muscles in Motion (Gym)	
1:00	Creative Circle (Rm 12)	
1:30	Zumba Gold (Gym)	
3:00	Social Dancing Class (Gym)	
5:00	<b>NEW-</b> In-Door Walking Club (Gym)	
6:00	<b>NEW-</b> Stability Ball with Christine (Gym)	
7:00	<b>NEW-</b> Zumba with Christine (Gym)	

Please Note: Some time frames have multiple events on the same line.

EX: 10:00 Chair Yoga (Gym) **AND** Pickleball (outside)

*\* indicates appointment/registration is required*

**Exercise classes are \$3.00 at the door.**



## SUPPORT OUR ADVERTISERS!



Wednesday	Thursday	Friday
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<p>5</p> <p>m 7) ) (10), LCR (Rm 11)  structor (Rm 12) nt Presentation ( Gym) r Rm) r Rm) tch with Weights (Gym) n Mary Ellen (Gym) stine (Gym)</p>	<p>6</p> <p>10:00 Pickleball (outside) 10:00 Band (Rm 7) 12:00 Bingo (Gym) - <i>final sale is at 11:45am</i> 12:30 Cribbage (Rm 12) 12:30 Tap Dancing (Rm 7) 4:00 Evening Shopping</p>	<p>7</p> <p>10:00 Attorney O'Neil* 10:00 Muscles in Motion (Gym) 11:15 Reiki (Rm 7) 11:15 POUND (Gym) 12:00 Poker (Rm 10) 1:00 Movie "Where the Crawdads Sing" (Rm 11)</p>
<p>12</p>  <p>m 7) ) (10), LCR (Rm 11) (Gym) structor (Rm 12) r Rm) r Rm) tch with Weights (Gym) n Mary Ellen (Gym) stine (Gym)</p>	<p>13</p> <p>10:00 Pickleball (outside) 10:00 Band 12:00 Bingo (Gym) - <i>final sale is at 11:45am</i> 12:30 Cribbage (Rm 12) 12:30 Tap Dancing (Rm 7) 4:00 Evening Shopping</p>	<p>14</p> <p>10:00 Muscles in Motion (Gym) 11:15 Reiki (Rm 7) 11:15 POUND (Gym) 12:00 Poker (Rm 10) 1:00 Friends Roast Pork (Gym)* 1:00 Movie "Out of Africa" (Rm 11)</p>
<p>19</p>  <p>m 7) (Rm 7) ) (10), LCR (Rm 11)  structor (Rm 12)  r Rm) r Rm) tch with Weights (Gym) n Mary Ellen (Gym) stine (Gym)</p>	<p>20</p> <p>10:00 Pickleball (outside) 10:00 Band (Rm 7) 12:00 Bingo (Gym) - <i>final sale is at 11:45am</i> 12:30 Cribbage (Rm 12) 12:30 Tap Dancing (Rm 7) 1:00 Hearing Evaluations (Rm 11)* 1:00 Pumpkin Decorating (Rm 7) 4:00 Evening Shopping</p>	<p>21</p> <p>10:00 Muscles in Motion (Gym) 11:15 Reiki (Rm 7) 11:00 Grab N' Go 11:15 POUND (Gym) 12:00 Poker (Rm 10) 1:00 Movie "Philomena" (Rm 11)</p>
<p>26</p> <p>) (10), LCR (Rm 11)  structor (Rm 12) r Rm) r Rm) tch with Weights (Gym) n Mary Ellen (Gym) stine (Gym)</p>	<p>27</p> <p>10:00 Pickleball (outside) 10:00 Band (Rm 7) 12:00 Bingo (Gym) - <i>final sale is at 11:45am</i> 12:30 Cribbage (Rm 12) 12:30 Tap Dancing (Rm 7) 4:00 Evening Shopping</p>	<p>28</p> <p>10:00 Muscles in Motion (Gym) 11:15 Reiki (Rm 7) 11:15 POUND (Gym) 12:00 Poker (Rm 10) 1:00 HALLOWEEN PARTY ** NO MOVIE TODAY **</p>
  <p><b>CALL US IF YOU NEED A RIDE. 781-682-3824</b></p>		

	<p><b>Allerton House</b> at Central Park 781-413-7850</p>	
<p><b>Assisted Living • Memory Care • Independent Living</b></p>		
<p>43 School House Road off Broad St.</p>		

**Writer's Workshop  
Wednesdays 10:30 AM**



This free workshop is a place to express yourself through writing. Seniors write short stories, poems, or whatever the group can think of! If you are looking to share your writing with others this is the class for you. Pictured above is the class out to lunch after class!

**Old Friends and New Friends**

After recently registering Ann, a new member at the Senior Center, we toured her through the building. She was a little hesitant to join, but we explained she would soon feel comfortable around our wonderful seniors. After the tour, she was introduced to another Ann who happened to be in the lobby. Within a couple of minutes, they realized they knew each other from their [much] younger days in Charlestown and immediately became reacquainted. It was a wonderful reunion and the new Ann soon became more than comfortable to be here!

This is one example of the "friendship magic" that occurs at the Senior Center.



*"We didn't realize we were making memories. We just knew we were having fun!"*

**DROP-IN ACTIVITIES**

*No need to sign up in advance. Just join us when it's convenient for you!*

**MONDAY**

- \* Adult Coloring/Coffee Hour: 11:15am
- \* Creative Circle: 1:00pm

**TUESDAY**

- \* Woodcarving: 9:00am
- \* Knitting/Crocheting: 9:30am
- \* Poker: 12:00pm
- \* Wii Bowling: 1:00pm
- \* Genealogy: Tuesdays at 10:00am

**WEDNESDAY**

- \* Writer's Workshop: Wednesdays at 10:30am
- \* Open Art Painting: 1:00pm

**THURSDAY**

- \* Whipple Snappers Band: 10:00am
- \* Cribbage: Thursdays at 12:30pm

**FRIDAY**

- \* Poker: 12:00pm
- \* Movie: 1:00pm

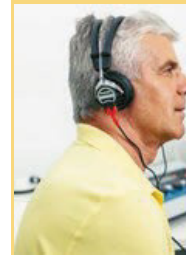
All our exercise classes are drop-in, as well, with a \$3.00 fee. See the calendar for our extensive variety of exercise programs for all levels.



**SENIOR SILLIES**



**FREE HEARING EVALUATION and CONSULTATION**



The third Thursday of each month, you can have a 20 minute evaluation with a certified hearing specialist. Appointments begin at 1:00 PM.

Call 781-682-6140

**ROBO CALLS**

WEYMOUTH ELDER SERVICES  
ROBO CALL HOTLINE  
781-682-3826

**We want to celebrate YOU!**

Please stop by the Senior Center lobby for a slice of cake (while supplies last) after 11:30am on the dates noted below, compliments of Karen Powers and Cheryl Muth, Seniors Real Estate Specialists.



WHAT	WHEN
In September we celebrate Septuagenarians – for those who are 70-79 years old!	Friday, September 30, 2022
In October we celebrate Octogenarians – for those who are 80-89 years old!	Monday, October 17, 2022
In November, we celebrate Nonagenarians – for those who are 90-99 years old!	Friday, November 18, 2022
In December, we celebrate Centenarians – for those who are 100+ years old!	Friday, December 30, 2022

The Activities / Volunteer Program is partially funded by a Community Development Block Grant, Title 111B grant of the Older Americans Act, and a grant from the Executive Office of Elder Affairs.





### Senior Parking Pass

Do you enjoy some outdoor activity? Does taking long walks and biking on woodland trails make you smile? If so, then we have the deal for you. Mass residents age 62 and older are eligible for a lifetime discounted parking pass. How do you get this pass? It's pretty easy to apply.

1. Get a copy of your Mass driver's license showing your residency/age
2. Provide a contact phone number or email when registering
3. Send \$10.00 to cover the cost
4. Mail your Senior Parking Pass with the following info:
  - Make check or money order payable to "Commonwealth of Massachusetts."
  - Send the self-addressed envelop to the following address: Department of Conservation and Recreation, 251 Causeway Street, 8th Floor, Boston, MA 02114. Attention Senior Passes

Allow four to seven weeks to get your Senior Parking Pass. Happy Trails!!!

### SNAP ASSISTANCE

Many of you are aware that the Department of Transitional Assistance (DTA) is warning clients of skimming scams that have impacted some DTA clients. As a result the DTA strongly recommends that you change your PIN and change it on a regular basis to prevent any future scams.

#### How to change a PIN:

1. Call 800-997-2555
2. Choose your language
3. Enter the number on the front of your card
4. Press 2 to PIN your EBT card
5. When asked for last 4 of your SSN, enter them. If you do not have an SSN, enter the last 4 digits of your 99 number assigned to you by DTA. If you do not know this 99 number, call the DTA Assistance Line at 877-382-2363
6. Enter your Date of Birth (month/day/year – 2 digits for month, 2 digits for day, and 4 digits for year). For example, 12 01 1989 for December 1, 1989
7. Enter your NEW 4-digit PIN; then enter it again. Choose a different PIN from any previous PINs.

### Assisted Living Resources

There are options for individuals who don't feel comfortable or safe living alone. One of the options is researching an assisted living facility. Did you know that assisted living facilities start at age 60? The average cost of assisted living in Massachusetts is \$4,588 per month. The monthly ranges for cost depending upon your level of care is from \$1,500 to \$7,500. Interested in more information? Contact the Mass Assisted Living Facilities Association at 781-622-5999 or try them online at the website below.

<http://www.mass-ala.org>



### WHITECANE AWARENESS

White Cane Awareness Day is October 15. All states and many other countries have White Cane laws, which allow pedestrians, who are legally blind, the right of way at street crossings. Most people who are legally blind have some usable vision. Massachusetts White Cane Law states that All motorists, when they see a pedestrian who uses a dog guide or a white cane at a street crossing, must come to a complete stop. When in doubt always stop and be safe.

### Affordable Connectivity Program

Are you aware of the Affordable Connectivity Program (ACP)? The ACP is run by the Federal Communications Commission (FCC). This is a program to help low-income households pay for internet service and connected devices like a laptop or tablet. You may be eligible if you, or someone you live with currently receives a government benefit like SNAP, Medicaid, SSI, WIC, Pell Grant, or Free and Reduced-Price Lunch.

The ACP provides the following:

- Up to a \$30/month discount on your internet service
- A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)

Interested? Please visit [GetInternet.gov](https://www.getinternet.gov) or see the following website for more information

<https://www.affordableconnectivity.gov/>

### OUTREACH OFFICE HOURS

Monday thru Friday  
9:00 am—4:00 pm

**BY APPT ONLY**

Jenny Styers 781-682-3817

**The QCAP Fuel Assistance Program** runs November 1 thru April 30, 2023. 1st time applicants can call the Outreach Office and we will send a checklist of required documentation and instructions. Renewal applications are mailed directly to the home. Please call the Outreach Office to schedule an appointment for new applications or renewal assistance.



### Real Estate Tax Exemptions

Open enrollment for FY21 real estate tax exemptions began

**July 1, 2022** and ends **March 31, 2023**. If you received an exemption for FY22, you will automatically be mailed a recertification application for FY23. Income and asset verifications are required. First-time applicants may call Outreach at 781-682-3817 to determine eligibility, request a document verification list or application.

**REMINDER**  
**Farmers Market Coupons**  
must be used by October 31st



### Medicare Enrollment—First Time

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. If you don't enroll during your IEP, you may have a lifetime penalty. For further assistance about this or any Medicare issue, please contact the SHINE Program. To schedule a SHINE appointment, call the Council on Aging at 781-682-6140.



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Thanks for Keeping Our Patients Safe & Healthy!

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[mgo@mgoneillaw.com](mailto:mgo@mgoneillaw.com)

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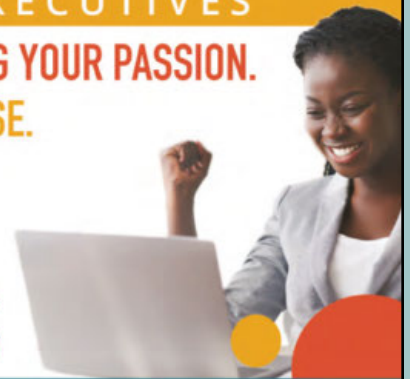
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## PROFESSIONAL SERVICES AVAILABLE TO SENIORS

- √ \*Attorney Michael O'Neil - FREE 30 minute consultations the first Friday of the month, starting at 10:00 AM. Call or stop by Reception to schedule (781-682-6140).
- √ Blood Pressure Check Drop-In - FREE by Public Health Nurses the first and third Wednesday of each month, starting at 10:00 A.M. Call the Weymouth Health Department with any specific questions at 781-340-5008.
- √ \*Chair Massage - Seated chair massages on the 2nd Wednesday of each month. Fee: \$10 for a 15 minute session. Call or stop by Reception to schedule (781-682-6140).
- √ \*Foot Care by Joddie - 30 minute session offered the first and third Monday of each month starting at 10:00 AM. Fee is \$29.00. Call or stop by Reception to schedule (781-682-6140).
- √ Handyman - Limited services available for small home repairs with reasonable rates. Call 781-682-6140, ext. 43817 for information.
- √ \*Hearing Evaluation and Consultation - FREE 20 minute evaluations with John Klefeker, Board Certified Hearing Instrument Specialist, the third Thursday of each month, starting at 1:00 PM. Call or stop by Reception to schedule (781-682-6140).
- √ \*S.H.I.N.E. (Serving Health Information Needs of Everyone) Medicare counseling (781-682-6140).



Ellie's Treats arrived again on Tuesday, September 20th to surprise the seniors with an afternoon ice-cream. Eighty-five seniors took advantage of the Pennies for Programs surprise. We can't wait to do more with these pennies. Thank you to all that donate pennies. The smiles are endless when we do these extra special treats. You never know which day and time we are going to have something special for you .

Please note: \*indicates appointment is needed. Times and dates are subject to change. Call 781-682-6140 to schedule your appointment. Professionals are kind enough to provide these services to Weymouth seniors. Please respect their valuable time by keeping your appointment!

**Weymouth  
Elder Services**  
182 Green Street  
Weymouth, MA 02191

