



Dear friends,

Today's senior centers are delivering vital connections to help all older adults age well. Senior Centers offer a vibrant combination of programs & activities. Senior Centers are the local fitness center, transportation hub, place to share your expertise, learn new skills and make friends.

During the pandemic the Natick Community-Senior Center (CSC) pivoted to provide programs and services online, in the community and communicated more frequently. **September is National Senior Center Month**, and the CSC is celebrating these shared experiences that deliver vital connections to aging well for Natick residents.

The CSC continues to be a community focal point where everyone aging in Natick can find friendship, meaning and purpose. We look forward to seeing you in person, virtually and in the community throughout the month as we celebrate National Senior Center Month.

Regards,
Susan Ramsey
Director
Senior Center & Community Services



WELCOME STATEMENT

Our Center strives to create an environment which values diversity, mutual respect, and supports inclusive ways to work to provide support services, programs, and advocacy for people of all ages and abilities.



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INFORMATION & LETTERS FROM THE BOARDS



COUNCIL ON AGING OFFICE

117 East Central Street
Natick, Massachusetts 01760

p: 508.647.6540

f: 508.647.6548

www.natickma.gov/626/Council-on-Aging

HOURS

Our regular working hours are:

Monday – Wednesday: 8:00 am–5:00 pm,

Thursday 8:00 am–7:00 pm

Friday: 8:00am–2:30 pm

STAFF

Susan Ramsey, MPA, Director, Senior Center & Community Services

Debbie Budd, Social Worker, LSW

Teri Checket, Social Worker, MS, LSW

Patti Collari, PT Receptionist

Karen Edwards, Program Manager, Volunteer Services

Richard Ives, Transportation Coordinator

Sharon Kirby, Program Assistant

Frank Lam Administrative Assistant

Lorraine McNally, MPA, Asst. Director / Program Developer

Sam Mensah & John Portnoy, Drivers

Kate Moberg, Department Assistant

Maureen Pipe, PT Receptionist

Lindsay Quillen, LCSW, Let's Talk Natick

Jack Rourke, Transportation Coordinator

Sheila Young, CRS-A/D I & R Specialist / Executive Asst.

Friends of the Natick Senior Center

Dear Friends,

Felicitations everyone. Our Annual meeting is September 14, at 10:00 am in the Great Room. Light refreshments will be served. Join us as we look to the future.

The Friends showed their appreciation to the staff at the Center by serving them a catered lunch. Hats off to all of them.

Plans for a cold lunch to seniors, pre-packaged and provided by local restaurants will be available soon. The pilot program will be once a week, with a varied selection. It will be subsidized by the Friends, so that it is affordable to all.

The Little Gift Shop is back on Tuesdays and Thursdays from 10-12. Thanks to the efforts of Gini Lyster, Peg Gately, Jean Cain and Sallie Russ.

Trip to WooSox will wait till the spring, due to safety guidelines.

Membership is up to 350. We are hoping to hit 500 by the end of the year. Have you received a birthday card? The Friends are sending them to all members.

The Friends wish to continue to support weekly bingo. However, our current leader is leaving the program. This activity is loved by many. We need 2 program directors, 2 callers and at least 2 helpers. Please join this fun activity. Call the Center, leave a message on the Friends line.

Remember those we have lost during the pandemic.

Find a Friend~Be a Friend~Support the Friends

Judy D'Antonio and Joan Bace
Co Presidents

Council On Aging: Chair's Corner

As the summer transitions into fall (my favorite New England season), it's time for me to say farewell to readers of this column. For the past two years, I have had the honor of serving as chair of the board of the Council on Aging. Consistent with our tradition, it's time for a new member to step into the chair's role. The last two years have been a tumultuous time for all of us, with the enormous challenges posed by the pandemic. Recent progress on this front in our area have been heartening, which has included the reopening of the Community-Senior Center. From my vantage point, the Council on Aging has performed admirably under difficult circumstances, and I urge you all to consider taking advantage of the return of many traditional in-person activities. Finally, I would like to wish my board colleague Judy Sabol all the best as she takes over as chair. As you will discover, we are fortunate to have her in the role. Finally, my hat is off to all of Natick's senior population, for contributing your wisdom, experience, and fellowship to our community. Wishing you all a safe and happy fall!

COA Officers & Board Members

Chair: Andrew Eschtruth

Vice Chair: Judy Sabol

Secretary: Connie Pitt

Board Members: Saul Beaumont, Elaina Danahy, Harriet Merkwowitz, Karen Oakley, Susan Peters, Barbie Rasmussen, Mal Sockol, Rick Subber

Associate Members: Linda Jaffee, Salvatore Pandolfo

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IN PERSON CLASSES & ZOOM EVENTS

ALL CLASSES: Pre-registration required one week in advance. Zoom link will be sent before class. Call our front desk at 508-647-6540 OR register online through

<https://register.communitypass.net/Natick>

HISTORY BOOKGROUP- ZOOM

Thursday, September 9, 1:00 am-noon

All are welcome to join this casual group discussing works of fiction and non-fiction. With Bacon Free Library and Natick Historical Society. Our book read for this session is *Agent Zigzag: a true story of Nazi espionage, love and betrayal* by Ben MacIntyre (NF). Register by e-mail to: mking@minlib.net.

MUSIC/OPERA APPRECIATION

Friday; September 17-December 10

10:30am-1:00 pm, Cost \$36

Join our own Ron Williams as we expand our reach and take a look at symphonies, jazz and other world music. Ron is an award-winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe. *Pre-registration required. Minimum number of 15 participants required to run class. No class on Nov. 26.*

ELDER LAW UPDATES- ZOOM

Monday, September 20, 1:30-2:30 pm

Join Elder Law Attorney Timothy Loff in this overview of important updates and changes for 2021 on many legal issues important to seniors. Big changes in the area of Estate Recovery for MassHealth benefits, remote notarization, and new issues involving Life Estates and Irrevocable Trusts will be among the issues discussed. General questions are welcome. Bring yourself up to date!

MOVIES IN TV ROOM

Wednesdays at 1:00 pm

- September 1: Labor Day, PG-13
- September 8: Wonder Woman, PG-13
- September 15: Mulan, PG-13
- September 22: Yesterday, PG-13
- September 29: Knives Out, PG-13

Movies subject to change, due to availability

ART MATTERS-WOMEN ARTISTS PART I- ZOOM

Thursday, September 23, 11:00 am-noon

Sponsored by Avenu, Natick

Women artists, capable of the art of creation as well as the creation of art, have historically proved threatening to the dominant male establishment, and in almost every instance, needed to be better than their male competitors to be taken seriously. Join us for a look and a discussion about the women who have defied convention to make art from the Renaissance through the 19th century.

Part I features women artists up to 20th Century.

Part II (on Oct 21) covers women artists of the 20th Century.



PRANAYAMA- YOGIC BREATHING- ZOOM

Monday, September 27, 2:30-3:30 pm

Experience pranayama, the art and science of yogic breathing. Pranayama's health benefits include reduced anxiety, lower blood pressure, increased energy, muscle relaxation, improved concentration, and more. Join Anjana Bhargava, an Ayurvedic Wellness Counselor, has bachelor's degree in Science and Mathematics and master's degree in Electronics. *Note:* This is best done on an empty stomach.

GIVE YOURSELF THE GIFT OF LAUGHTER - ZOOM

Wednesday, September 29 1:30-2:30 pm

Bill and Linda Hamaker, Certified Laughter Yoga Master Trainers and the founders of "Let's Laugh Today" will show you tools to bring more laughter into your life! Laughing strengthens the immune system, unwinds the negative effects of stress, lowers blood pressure, lifts your spirits, improves mental alertness and more.

BORROW THE ELM BANK/MASS HORT GARDEN PASS.

Stroll at your leisure around the beautiful gardens. Reserve the pass by calling Kate at the Center at 508-647-6540. *Sponsored by Whitney Place Assisted Living and Memory Care at Natick.*

UPCOMING FALL PROGRAMS

ART WITH ERIKA

Wednesday, Oct 6-Dec 15, 9:30-11:30 am

All abilities are welcome. In this relaxed, informative class, students will be encouraged to pursue their own choices in subject matter, style and media. Feedback provided individually and group critiques. You must bring your own supplies. *Class is free, but pre-registration required; max. class size 15.*

THE POWER AND THE PASSION: THE TURBULENT FORTUNES OF THE MEDICI DYNASTY- A TALK BY PAOLO DIGREGORIO- ZOOM

Tuesday, October 19, 1:30-2:30 pm

Thank you to Eliot Center for Health and Rehabilitation for their generous sponsorship of this program.

MEET UP AT THE CONCORD MUSEUM- GUIDED TOUR- IN PERSON

Wednesday, October 20, 10:00 am-noon

Meet up at the Concord Museum, 53 Cambridge Turnpike, Concord, MA. Onsite Parking. In their permanent galleries Revolutionary War history comes alive in the story of the battle at Concord's North Bridge April 19, 1775 when the first shots were fired and the American Revolution began. *Thanks to Whitney Place for their generous sponsorship of this event paying for admission costs!*

Pre-registration required, limited to 20.

ART MATTERS-WOMEN ARTISTS - ZOOM

Thursday, October 21, 11:00 am-noon

Sponsored by Avenu, Natick

Join us for Women Artists, Part 2, as we discuss the women who have defied convention to make art. This program from covers women artists of the 20th Century.

THE HISTORY OF THANKSGIVING TRADITIONS- ZOOM

Thursday, November 18, 1:30-2:30 pm

pre-registration required

Thanks to the sponsorship of Mary Ann Morse Healthcare Center.

Join historian Paolo DiGregorio for a Thanksgiving talk.

ZOOM EVENTS & CLASSES

DROP IN ACTIVITIES: Pre-registration not required, but please stop by the front desk when you arrive to check in.

BYOL: Bring your own lunch and eat in our Great Room East (kitchen side) Mon-Fri: 11:00 am - 1:00 pm

Card Room Reservations: Available timeslots are: Mon-Thurs, 9:00 am-noon, 1:00-4:00 pm and Fridays from 9:00-noon.

Chair Volleyball: Join us on Wednesdays at 10:30-aa:30 am

Knitting & Crocheting: Wednesdays from 1:00-3:00 pm. Materials available in our Center.

Learn to Quilt: Thursdays at 1:00-3:00 pm. New to quilting and want to learn how to begin? Join us to learn some basic techniques. All materials provided.

Ping Pong: Mondays at 1:00-3:00 pm. Bring a friend and play! Paddles and balls provided.

Walking in the Gym: Mondays 8:00-10:00 am & Fridays noon-2:00 pm

BEADED FLOWER CLASS: BEGINNERS WELCOME!

Tuesdays from 1:00-3:00 pm

Cost: Materials are purchased when needed

First begun in the 1600s, it was thought to have first originated in Venice as to use the cast off pieces to make flowers. Here in Natick, we are lucky to have a talented & enthusiastic group and it is very easy to learn. Learn a fun craft and make beautiful flowers!

ELLENBOGEN VIBRANT CENTER

Tuesdays & Fridays, 10:00 am-2:00 pm

The Center is for blind or low vision individuals who are not eligible for assistive technology (AT) through standard state-funded programs. Volunteers are here to help you with your AT needs! This free service is available by appointment only; call Jerry, AT Coordinator at 857-443-6636 to make an appointment.

Pickleball: Wednesdays starting at 1:00 pm & ending at 4:00 pm

Due to feedback from our participants, we are moving to a drop-in, 1st come, 1st served system for Pickleball. Please be courteous to other players as our court space is limited; all levels of play welcome. Balls are provided; bring your own racket. *Check-in at front desk.*

OUTSIDE AT THE CENTER

STARGAZING WITH THE GRANDKIDS

Date, time, cost: TBD. Call the Center for information.

There's no better activity—for a family, friends or solo adventurer—on an early Fall night than gazing into the heavens! Course covers how to use a star guide to ID constellations and planets, stargazing apps and equipment, and how to spot satellites and the International Space Station. No equipment necessary. *Pre-registration required and class size limited.*

Coming in October....

"Lunch with Friends" Wednesdays at noon

The Council on Aging in partnership with the Friends of the Natick Senior Center will launch "Lunch with Friends" beginning on Wednesday, Oct. 6. Call 508-647-6540, Option 6, for more information.

ALL CLASSES: Pre-registration required one week in advance. Zoom Link will be sent before class. Register online through <https://register.communitypass.net/Natick>, or call our front desk at 508-647-6540.

ONGOING PROGRAMS

MONDAYS AT A MUSEUM- ZOOM

Join us on Monday, 11:00 am-noon, as we preview video highlights from a range of Museums

September 13- British Museum Soo Hutton (movie 'The Dig')

September 20- Medici Family Portraits from the MET

September 27- Rembrandt

MEDITATION- ZOOM

Every Thursday with Sharon 2:00-2:40 pm. This meditation is audio only and participants are muted during the meditation portion. Everyone is welcome to join for some guided meditation, some quiet sitting and some reflection with Q & A and sharing.

GREAT COURSES: FOOD- A CULTURAL HISTORY- ZOOM

Tuesdays, 11:30 am-12:30 pm, ongoing through- December 7

Eating is an indispensable human activity, and obtaining food has been a major catalyst across all of history. Join award-winning Professor Ken Albala of the University of the Pacific to, take this world-wide journey, discovering food lore and a unique window on what we eat today.

COFFEE AND CURRENT EVENTS WITH JOE WEISS- ZOOM

Friday, September 24, 10:00-11:30 am

Join Joe to discuss the most important issues facing our community.

SHINE-SERVING THE HEALTH INSURANCE NEEDS OF ELDERS:

Call the Center at 508-647-6540 to schedule a phone appointment with one of our SHINE Counselors.

ASK AN ATTORNEY...BY PHONE

Wednesday, September 16

Private phone appointments at 10:00 am, 10:20 am & 10:40 am

Call the Center at 508-647-6540 to make a free appointment.

PODIATRY CLINIC WITH DR. CLAYMAN

Tuesday, September 21, starting at 9:00 am

15 minute appointments, masks required, call 508-647-6540 for an appointment. Appointment fee is \$45, cash or check.

WELLNESS VISIT AND BLOOD PRESSURE CLINICS IN PERSON

Thursday, September 9, 9:00-11:00 am

With Public Health Nurse, Debbie Chaulk. Pre-registration not required, but please stop by our front desk to sign in when you arrive.

EXERCISE

DROP-IN YOGA: We'll be back with a new class in mid-September!

Cost: \$3/class or purchase a multi-exercise card

Details are being finalized at the time of printing, but we hope to start afternoon classes by mid-September. To get the most up-to-date information, call the Center or sign up for our bi-weekly e-newsletter. Not getting the e-newsletter? Call the Center and we'll include you on our list!

EXERCISE: MUSCLE BUILDING CLASS- IN PERSON

Session 1: Tuesdays & Thursdays, September 7-30, 8 sessions

Session 2: Tuesdays & Thursdays, October 5-28

10:00 -11:00 am; Cost: \$24 for 8 sessions

Participants are asked to bring their own exercise band and 1,2, or 3 lb. hand weights. Class taught the MetroWest YMCA.

Pre-registration and masks required (per Natick mask mandate at time of printing.) Class size is limited, but has increased to 40. Call Center to register.

Registration for Session 1 began August 17

Registration for Session 2 begins September 21

CHAIR YOGA WITH MALA

Drop-in Fridays at 10:00 -11:00 am;

Cost: \$3/class or purchase a multi-exercise card

Easy and simple to follow yoga postures in a chair that simply flow in a way that creates a sense of flexibility and release for both body and the mind. Suitable for all levels of experience. **Participants must bring their own yoga strap & mat.**

ZUMBA WITH SUSAN CRAVER

Mondays at 10:30 am

Cost: \$3/class or purchase a multi-exercise card

Zumba is back at the Center! Susan loves teaching Zumba because, she says, "every class feels like a party!" You're sure to have fun and burn some calories!

QIGONG WITH BOB DOHERTY

Drop-in Tuesdays at 1:00 pm

Cost: \$3/class or purchase a multi-exercise card

Qigong is a practice of aligning movement, posture, and awareness for a better you. Exercise classes are designed for all ages and fitness levels. It can be done standing or sitting.

TO OUR COMMUNITY:

Please be advised that, at the time of the printing of this newsletter, due to the uptick in Covid-19 cases and out of an abundance of caution, the Natick Board of Health is requiring that everyone who enters a public municipal building in Natick, including visitors and employees, wear a mask. Thanks for your continued patience!

WALKING IN GYM- IN PERSON

Mondays from 8:00 am to 10:00 am *New Time!*

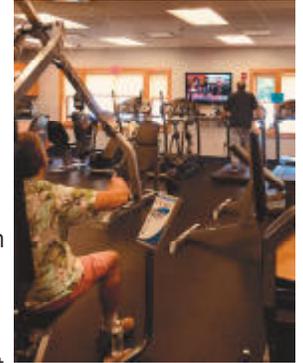
Fridays from 12 noon to 2:00 pm

We have moved back to a drop-in system for our walking in the gym. Please note our time change on Mondays due to our earlier opening time and the addition of Zumba in our gym. Please check-in at our front desk before heading to the gym.

FITNESS CENTER

All members must attend a **FREE** orientation session to become reacquainted with the equipment. You can call the Center at 508-647-6540 to schedule an orientation.

We are scheduling 30-minute orientation appointments on Thursdays from 11:15 am to 1:15 pm. The Fitness Room Hours are: Monday-Wednesdays, 8:00 am-4:30 pm, Thursdays, 8:00 am-6:30 pm (except on orientation days, call for schedule) and Friday 8:00 am-2:00 pm.



GROUP WALKS AT ELM BANK

Tuesdays, September 7, 14, 21, 28, 9:30-10:30 am

Walking outside is a great way to start your day and many studies have shown that walking is one of the best ways to keep fit! Meet at the parking lot by the Visitor's Center, 900 Washington St, Wellesley.

Visit Elm Bank/Mass Horticultural Gardens by borrowing the Natick Community-Senior Center member card. Each pass admits 2 for the day. To reserve, please call the center 508-647-6540. *Sponsored by Whitney Place Assisted Living and Memory Care at Natick.*

CHORE SERVICE PROGRAM FOR NATICK SENIORS

We support seniors who desire to remain independent in their own home by helping them with minor repairs and chores around the house that they are no longer able to perform.

The homeowner is responsible for the cost of materials used, and a release form must be signed by the homeowner prior to any work being done.

Our CHORE volunteers can help with a variety of household tasks, but there are some that we will not be able to assist with. To find out if we can help you with your CHORE, please call the Center.

To request a Chore Volunteer you can e-mail Karen at kewards@natickma.org or call 508-647-6540.

A big **THANK YOU** to all our Chore Volunteers: John B, Paul G, Harry H, Tim K, Ed H., Kris R and Jeff L.!



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-Grace C., Google Review

★★★★★

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-Susan M., Yelp Review

★★★★★

"There is no other active-adult community like Avenu at Natick"

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PROGRAMS AND SERVICES

COFFEE BREAK CONNECTIONS

Studies show that social interaction protects the aging brain and may reduce the risk of dementia. If you are looking to develop new social connections, our Coffee Break social call program may be for you! We match volunteers with participants and together to enjoy a weekly call discussing current events, reminiscing or getting to know one another. Our current participants have given us very positive feedback and look forward to their weekly "coffee break". Please call Karen Edwards at 508-647-6540 x1905 if you want to receive calls to improve your brain health while making a friend.



LET'S TALK NATICK WANTS TO HEAR FROM YOU!

We can't plan for everything, but we can talk about what is most important – in our life and in our health care – with those who matter most to us! We'd like to hear from you on:



- Why you have started or revised your advance care plan?
- Why you have a Health Care Proxy and/or living will?
- How having established an advance care plan has made you feel?

Please send your answers or any additional thoughts to Let's Talk Natick at the Community-Senior Center C/O Lindsay - OR—email your responses to lquillen@natickma.org. Lindsay is available by appointment for assistance with getting your Advance Care Plan started or to address any questions/concerns you might have. *Let's Talk Natick!*

GRAB AND GO LUNCH from BAYPATH ELDER SERVICES offers residents either a hot or cold lunch Mon-Fri. Reservations are required 2 business days in advance; call 508-647-6540 today! A suggested voluntary donation of \$3.00 is requested, but not required. *This program is made possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.*

TRANSPORTATION BY TAXI

We are able to provide transportation for Natick seniors by cab on a very limited basis. Rides to medical appointments outside of the Metrowest area can be arranged. If you are interested, please call the Center at 508-647-6540 at least 3 business days in advance of your appointment.

NATICK CONNECTOR

The Natick Connector is a passenger van that's a convenient, secure and accessible transportation service for seniors and disabled residents. The service provides door-to-door transportation to destinations in Natick, Framingham, Sherborn, Wayland, Wellesley, and Market Basket in Ashland. Interested? Call the MWRTA at 508-820-4650 to set up an account; 2 business days advance notice required. The MWRTA is requiring that all passengers wear mask while on-board an MWRTA vehicle. Riders who do not wear a face covering will not be permitted on an MWRTA vehicle. Thank you for your cooperation and understanding.

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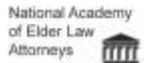
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VOLUNTEER SERVICES / HUMAN SERVICES

SEEKING SAGES

Sages & Seekers is an 8-week intergenerational program bringing Senior adults together with High School students. Designed to honor our Elders, Sages & Seekers is a wonderful opportunity for an older adult to share their wisdom and life experience with interested teens. We are planning to run this year's program in person if possible. The schedule we received from the High School is: Thursdays, 3:00-4:15, from the end of September to the middle of November. Interested in being a Sage? Contact Karen at kewards@natickma.org or Lorraine at lmcnally@natickma.org.

BULKY WASTE COLLECTION DAY

Natick Council on Aging and Natick Human Services are partnering with the Department of Public Works to hold the sixth annual **Bulky Waste Collection Day on Saturday, October 23, 2021**. There will be 50 available slots for Natick residents who are age 60 and older who may have difficulty paying the current bulky waste collection fees. Bulky waste will be collected at no charge.

Please refer to the [Public Works website](http://www.natickma.gov/292/Bulky-Trash-Pickup) for a complete list of acceptable bulky waste items (<http://www.natickma.gov/292/Bulky-Trash-Pickup>).

Participants will need to have all items placed at the curb by Friday, October 22nd. Please call Teri Checket at 508-647-6542 by Friday, October 9th for more information and to sign up for this program. You will be asked to provide a list of your items.

EAT RIGHT EVEN ON A BUDGET- SNAP

Eligibility for the Supplemental Nutrition Assistance Program (SNAP) is based primarily on income and certain household expenses. Call Debbie Budd to find out if the SNAP program can help you lower your grocery costs. *This institution is an equal opportunity provider.*



VETERANS' SERVICES

Paul Carew, Director, Veterans' Services Natick, 508-647-6545
We have a flag disposal box inside our Center's front door. If you have a flag that needs to be disposed, come to the CSC, ring our doorbell, and we will dispose of it for you.

INFORMATION AND REFERRAL

Our Information and Referral specialist can provide you with information on services, benefits and programs to meet your needs. Please call 508-647-6540, ext. 6519 for an assessment of your needs.

YOUR MENTAL HEALTH

Many people are struggling with anxiety, depression, loss and other mental health issues that may interfere with day to day functioning. The Natick Human Services staff can make referrals for individual counseling or support groups to meet your individual needs. For those who are not insured, under-insured, or unable to afford a co-payment, our department can also assist with referrals to ease the financial burden of care. Please contact Human Services at 508-647-6540 for a confidential review of your needs and appropriate referrals. Help is only a phone call away.

Other resources:

- ◆ Advocates: assists individuals & families with developmental, mental health and other life challenges. Call 508-661-2020 for an intake.
- ◆ Behavioral Health Partners: the referral line, 844-528-6800, will match the best services for your needs.
- ◆ CALL2Talk is a mental health, emotional support and suicide prevention hotline 508-532-2255
- ◆ NAMI (National Alliance on Mental Illness) has a 24 helpline 800-950-6264
- ◆ William James College Interface Referral Service provides resource information and provider referrals 888-244-684

COMING SOON- MEDICARE OPEN ENROLLMENT

SHINE can help! Call soon to schedule your appointment for any time from October 15 through December 7.

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2022. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!**

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-243-4636, then press or say 4. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.

Durable Medical Equipment Donations are being accepted at the CSC on the first Wednesday in August -- next day is Sept 1. Drop off your used, clean equipment between 3:00-5:00 pm

The advertisement features a stylized illustration of a white building with a large arched entrance, set against a blue sky with clouds. Below the building, the text reads "JOHN EVERETT & SONS FUNERAL HOME AT NATICK COMMON SINCE 1861". To the right of the illustration, a white rounded rectangle contains the contact information: "4 Park St., Natick, MA", "508-653-4342", and "www.everettfuneral.com".

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FALL 2021

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Registration will open on Wednesday, September 8, at 11am.

Adventures in Lifelong Learning courses are free to all participants, thanks to partial funding support from the Older Americans Act as granted by BayPath Elder Services, Inc., and grants from Ashland Cultural Council, Framingham Cultural Council, Marlborough Cultural Council, Natick Cultural Council and Sudbury Cultural Council. Because federal funding is being used, we provide participants an opportunity to make a voluntary donation toward the cost of this service. Voluntary donations are put directly into program enhancement, allowing for expansion of services. Whether or not a participant makes a voluntary donation in no way informs or influences this service delivery.




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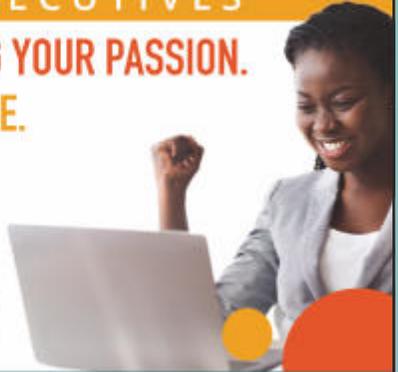
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117 East Central St.
Natick, Massachusetts 01760

p: 508.647.6540

f: 508.647.6548

w: <https://www.natickma.gov/626/Council-on-Aging-Human-Services>



COMMUNITY-SENIOR CENTER HOURS

Monday - Wednesday: 8:00 am–5:00 pm

Thursday 8:00 am-7:00 pm

Friday: 8:00 am–2:30 pm

Friends of the Natick Senior Center Membership Form

2021 MEMBERSHIP INFORMATION for the *Friends of Natick Senior Center, Inc.*

Your membership to the Friends of Natick Senior Center, Inc. helps support programs and events run by the Natick COA and assists with one-time purchases and scholarships.

Mail the completed form and your tax deductible donation to:

Friends of Natick Senior Center, Inc., 117 E Central Street, Natick, MA 01760

Make checks payable to: Friends of Natick Senior Center, Inc.

Please share your email address below for periodic communications.

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