



**JANUARY/FEBRUARY
2022**

Plummer Place

20 Highland Street
Whitinsville, MA 01588
508-234-2002

www.northbridgemass.org/council-on-aging/pages/newsletters

Facebook: Northbridge Senior Center

Phone Hours

Mon-Thurs..... 8:30am-4:00pm
Friday 8:30am-1:00pm

Staff

Director.....Kelly Bol
Asst. Director..... Michelle LaChapelle
Outreach..... Jeanne White
Activities/Vol. Coord.....Amy Cowen
Bus Drivers.....Jeff Allard, Pat Stewart
Nutrition.....Pam Mason

Council on Aging Board

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Vice Chairman..... ..Denise Forgit
Secretary..... Carole Sweeney
TreasurerCharlene Potvin
Jean Finnegan, Elaine Inman, Elaine Mahoney, Joan McManus, Bonnie Poquette, Nikki Roadman

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Happy New Year from Plummer Place!

With the Holidays behind us, the start of another year can be a great time to try something new. We offer an abundance of programs and activities as well as many volunteer opportunities. In this New Year, I am excited to announce, effective January 5, 2022, we have a new staff member joining our Team. Amy Cowen, a Northbridge resident, will be our new Program/Volunteer Coordinator. With an extensive background and related experiences, Amy will bring so much to our Center. Please join me in welcoming Amy!

As a reminder, we are an intake site for SMOC (South Middlesex Opportunity Council) Fuel Assistance. Please call the Center for more information, including income eligibility.

Recently, we have partnered with DTA (Dept. of Transitional Assistance) to offer an on-site self-service kiosk to assist folks who wish to apply for SNAP (food stamps) or TAFDC (Transitional Aid to Families w/ Dependent Children)/EAEDC (Emergency Aid to the Elderly, Disabled and Children). Stop by, we would be happy to help!

Be well and take care,

*Kelly,
Director*



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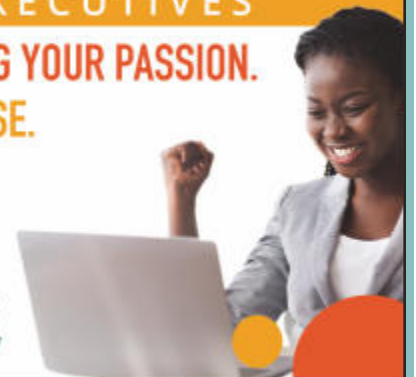
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EXERCISE CLASSES

Monday: Chair Exercise @ 9:30am

Monday: Tai Chi @ 11:00am

Tuesday: Strength Class @ 1:00pm

Wednesday: Low Impact Aerobics @ 10:30am

Wednesday: Tap Class @ 2:30pm (\$5/class)

Thursday: Fluid Motion (Belly Dancing) @ 10:00am

Thursday: Chair Yoga @ 11:15am

Friday: Stretch & Strengthening @ 9:30am

Call to Register/\$2 per class



PROTECT YOURSELF FROM MEDICARE FRAUD!

Did you know that over \$60 billion of our tax dollars are lost to Medicare fraud each year? Come meet Christina O'Neill, a representative of the Massachusetts Senior Medicare Patrol (SMP) Program, on Monday, January 17th at 11:30am at Plummer Place. Participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. This free information workshop will provide you with the tools to become a more informed and engaged health care consumer, including the importance of protecting your Medicare number. A light lunch will be provided, you must call to sign up, limited space available. If you cannot attend this workshop but have questions about questionable healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at 800-892-0890



SPOTLIGHT ON...

BLACKSTONE VALLEY STRUMMERS

Since June 2021, the halls of Plummer Place have been filled with joyful noise. Lead by Jan Barlow, the talented ukulele group migrated to our center via Sutton Senior Center for lack of space. And it truly is our gain! Every Wednesday morning, strumming and singing can be heard throughout the center. The soft sounds of the ukuleles and the chorus of voices put us all in a good mood! For Christmas this year, we filmed the Strummers at the Northbridge Cable station for a half hour Christmas special and we showed it on channels 191 & 194. We have plans to film another ukulele special in the near future filled with songs we all love. We are so grateful to have the Blackstone Valley Strummers at Plummer Place!



SMOC Fuel Assistance

Eligible households in 37 communities receive assistance paid directly to their heating vendor. The program is designed to help low-income people afford the cost of heat in the winter months. Eligibility is based on gross annual income and family size.

Call Jeanne to see if you qualify for Fuel Assistance through SMOC, she will assist you with the application and the required documents.



WE ARE IN THIS TOGETHER!

F.I.N.E. NEWS

- ◆ Join FINE by paying yearly dues.
- ◆ Refer to the Charitable Giving tab at our website: <http://nscfine.com>

120 Club resumes January 20th through June 2nd. Tickets are \$20 and will go on sale Monday, January 3rd. You will have a chance weekly to win \$20 and the grand prize drawing will be on June 2nd when you can win \$100, \$200, \$300, \$400, or \$500!

FINE sponsored two grab and go lunches for Thanksgiving and for Christmas. Thank you to all who made both days successful and loads of fun!

FINE has purchased new tables for the dining room!

Join FINE by filling out the form below and mailing it to:
FINE, 20 Highland Street, Whitinsville, MA 01588

Date: _____ New Renew

Name: _____

Address: _____

City: _____ St. _____ Zip _____

Phone: _____

E-Mail: _____

Dues: 1 Yr. \$5.00 _____ 2 Yrs. \$10.00 _____ 3 Yrs. \$12.00 _____

Donation: \$ _____

In memory of: _____

In Honor of: _____

I wish to support with dues only _____ donation only _____

Total enclosed: \$ _____ THANK YOU!

Please make check payable to F.I.N.E. and mail to F.I.N.E.

HIGHLAND ST. HAPPENINGS



Hiking Club taking a break with their furry friend, Pedro.



Friends having fun at the Thanksgiving Grab and Go Lunch.



Taping the Blackstone Valley Strummers Ukulele Christmas Special on NCTV.




FINE (Friends of Northbridge Elders) is a private, non-profit, fund-raising corporation providing financial support to the Northbridge Senior Center. FINE meetings are on the first Thursday of the month (excluding July and August) at 3:00 PM at the Center and are open to all. Decisions about disbursement of funds are based on requests from the Council on Aging and suggestions from members and others.



JANUARY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Chair Ex: 9:30 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Aqua WCC: 1:00	4 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Strength Class: 1:00	5 Low Imp Aer: 10:30 Ukulele: 2:00 Tap Class: 2:30	6 Fluid Motion: 10 Chair Yoga: 11:15 Mahjong: 12:30 Cribbage: 12:30	7 Stretch & Strength: 9:30 SHINE: 9-12:00	8
9	10 Chair Ex: 9:30 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Aqua WCC: 1:00	11 COA Mtg: 9:00 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Strength Class:	12 Low Imp Aer: 10:30 Ukulele: 2:00 Tap Class: 2:30	13 Fluid Motion: 10 Chair Yoga: 11:15 Mahjong: 12:30 Cribbage: 12:30	14 Stretch & Strength: 9:30 SHINE: 9-12:00	15
16	17 CLOSED 	18 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Strength Class: 1:00	19 Book Club: 10:30 Low Imp Aer: 10:30 Ukulele: 2:00 Tap Class: 2:30	20 Fluid Motion: 10 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30 Computer: 1:30	21 Stretch & Strength: 9:30 SHINE: 9-12:00	22
23	24 Chair Ex: 9:30 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Aqua WCC: 1:00	25 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Strength Class: 1:00	26 Low Imp Aer: 10:30 Ukulele: 2:00 Tap Class: 2:30	27 Fluid Motion: 10 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30	28 Stretch & Strength: 9:30 SHINE: 9-12:00	29
30	31 Chair Ex: 9:30 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Aqua WCC: 1:00	 <p><i>Our lives begin to end the day we become silent about things that matter.</i> Martin Luther King, Jr.</p>				

SUPPORT OUR ADVERTISERS!





FEBRUARY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Strength: 1:00	2 Low Imp Aer: 10:30 Ukulele: 2:00 Tap: 2:30	3 Fluid Motion: 10 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30 Computer: 1:30 FINE Mtg: 3:00	4 Stretch & Strength: 9:30 SHINE: 9-12:00	5
6	7 Chair Ex: 9:30 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Aqua @ Wcc: 1:00	8 COA Mtg: 9:00 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Strength: 1:00	9 Low Imp Aer: 10:30 Ukulele: 2:00 Tap: 2:30	10 Fluid Motion: 10 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30 Computer: 1:30	11 Stretch & Strength: 9:30 SHINE: 9-12:00	12
13	14 Chair Ex: 9:30 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Aqua @ Wcc: 1:00	15 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Strength: 1:00	16 Low Imp Aer: 10:30 Book Club: 10:30 Ukulele: 2:00	17 Fluid Motion: 10 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30 Computer: 1:30	18 Stretch & Strength: 9:30 SHINE: 9-12:00	19
20	21 CLOSED 	22 Shufflebd: 9:00 Painting: 10:00 POKENO: 12:30 Strength: 1:00	23 Low Imp Aer: 10:30 Ukulele: 2:00 Tap: 2:30	24 Fluid Motion: 10 Chair Yoga: 11:15 Cribbage: 12:30 Mahjong: 12:30	25 Stretch & Strength: 9:30 SHINE: 9-12:00	26
27	28 Chair Ex: 9:30 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Aqua @ Wcc: 1:00	February 1, 1862 "The Battle Hymn of the Republic," by Julia Ward Howe was first published in the "Atlantic Monthly." February 6, 1943 Frank Sinatra was heard singing for the first time on the radio program "Your Hit Parade." February 8, 1952 Queen Elizabeth II ascended to the British throne following the death of her father, George				

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IN-TOWN PLUMMER PLACE BUS SCHEDULE

MONDAY: Open for in-town medical and other appointments.

TUESDAY: Morning—open for in-town medical and other appointments.
First Tuesday of the month, morning trip to Hannaford's.
Afternoon—Shaw's Plaza

WEDNESDAY: Morning—open for in-town medical and other appointments
Afternoon—Walmart

THURSDAY: Open for in-town medical and other appointments.

FRIDAY: Morning—Shaw's Plaza and general appointments. **Closed at 1:00pm.**

You must give a 24 hour in advance notice for all rides. Transportation is for seniors or disabled residents of Northbridge.

Energy Saving Tips To Help You Get Through The Cold Winter



- **Caulk and weather-strip doors and windows that leak air.**
- **When home, turn down the heat to 68° F or as low as comfortable.**
- **When you are asleep or away from home, turn thermostat back 7° to 10° for eight hours and save as much as 10% a year on your heating and cooling bills.**
- **Consider getting a programmable thermostat.**
- **Turn down the temperature of your hot water heater to 120°.**
- **Have your oil-fired heating system serviced annually or your gas-fired heating system serviced every three years.**
- **Clean or replace furnace filters every other month.**
- **Keep the fireplace flue damper closed unless a fire is burning.**
- **Check that warm air registers, baseboard heaters and radiators are not blocked by furniture or drapes.**