



**JULY/AUGUST
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

Program/Vol. Coord..... Amy Cowen

Bus Drivers.....Jeff Allard, Pat Stewart

Nutrition.....Pam Mason

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Summer Greetings!

Well, if you haven't noticed, Plummer Place continues to be a hopping place. While the schedule of regular programs will not change, the leagues will be taking the summer months off, resuming in September. I would like to emphasize the importance of pre-registration for all events ~ this helps us greatly with planning and being able to safely accommodate all our guests. Just a simple call or stop by to reserve your spot for all our fun programs. As always, if you have questions, concerns or ideas, let us know, we would love to hear from you!



All the best,
Kelly,
Director

“March for Meals”

This year's Tri-Valley March for Meals fundraiser campaign was a big success. All donations and raffle ticket sales went directly to the Tri-Valley Meals on Wheels program. Pam Mason, our nutrition manager at Plummer Place, exceeded her goal to raise \$500 and raised over \$1,000! Pam wants to thank all who contributed to this success. She sends a special thank you to F.I.N.E. who donated \$500 towards this fundraiser. Thank you, Pam, for your continued support of our seniors in Northbridge!

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Friends of Northbridge Elders, Whitinsville, MA 06-5302

**SUMMER SUN HAT CONCERT
WITH DIANE POLLARD
SINGING SONGS OF THE 70'S**

THURSDAY, JULY 28TH 10-11:00am

Back by popular demand, Diane has been a favorite here at the Center, entertaining us with outdoor concerts throughout the shutdown during Covid. You will not want to miss this very talented singer and her piano taking us down memory lane with songs we all know from the 70's.

Light breakfast refreshments will be served. Sign up with Amy.

LOCAL AUTHOR FORUM

"FOUR STROKES WEST"

By Mark DerMugrditchian



*Thursday, August 11th
12:45-1:45pm*

Join local Northbridge author as he recaps his real life adventure of roaming throughout the country on his motorcycle with his two great friends. Their adventure lasted from September 8, 1976 to May 17, 1977. All adventurers and motorcycle enthusiasts are encouraged to attend! Please sign up with Amy.

Women's Discussion Group

Join our group and meet up with friends or make new ones. This is an informal group and may or may not have a "topic of the day" to discuss, but you never know where the discussion will take us!

Wednesdays, July 13th, July 27th, August 10th and August 24th, 1-2:00pm.

Call Amy to sign up. *This is a year round group.



"NEW LEAVES DUO"

OUTDOOR CONCERT

FRIDAY, AUGUST 5TH 10-11:00am

NEW TO OUR CENTER, CAMERON AND MARY WILL BE HERE TO ENTERTAIN! ACOUSTIC, CLASSIC COUNTRY AND FOLK COVER SONGS FROM BOB DYLAN, JOHN DENVER, JOHNNY CASH, THE EVERLY BROTHERS AND MORE. THIS TALENTED DUO HAS PERFORMED AT MULTIPLE VENUES IN 30 STATES!

Light breakfast refreshments will be served. Please sign up at the front desk to attend.



HAWAIIAN LUAU

END OF SUMMER PARTY!

WEDNESDAY, AUGUST 31ST

12:00-2:00pm

Join Amy Cowen, who is a former resident of the island of Oahu, as she brings the Hawaiian Islands to Plummer Place for an end-of-the-summer luau party!

Authentic Hawaiian entertainment, a themed luncheon and dessert will be served!

Seats are limited, so you will need to sign up with Amy to attend.

ALOHA!



“THE MEANING OF LIFE IS TO GIVE LIFE MEANING”

F.I.N.E. NEWS

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

FINE's 120 Club Raffle begins on July 7th and runs through November 17th. Each week you can win \$20 and the final drawings will have winners receiving \$100, \$200, \$300, \$400 or \$500! Buy your ticket at the Center front desk.

FINE has been busy supporting all the wonderful events happening at Plummer Place! This includes the concerts listed in this newsletter along with the end-of-the-year Luau!

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.

Summer Safety Tips for Adults



Apply Sunscreen.

A good majority of adults rarely wore sunscreen growing up. For many of them, the same still holds true today. As we age, skin usually becomes thinner and more fragile. That puts adults (especially seniors) at higher risk for sunburn or the more dangerous sun poisoning. Remember to apply and reapply sunscreen when spending any time outdoors or riding in a car. Sunscreen with an SPF of 30 to 50 should be applied and reapplied every two to four hours, or more frequently when swimming. Sunscreen also helps protect you from another growing problem: skin cancer. It's one of the fastest-spreading, and most preventable, forms of cancer.

Wear Sunglasses.

Sunglasses are more than just a fashion statement. They are also essential for protecting your eyes from the sun's harmful rays. Research shows that routinely wearing a quality pair of sunglasses aids in preventing cancerous growths and cataracts. Read up on tips from the American Academy of Ophthalmology to help you choose sunglasses that protect your eyes from UV rays.

Stay Hydrated.


Sometimes people have a difficult time adjusting to fluctuating temperatures and humidity. Unfortunately, this can put you at high risk for dehydration. Medication side effects and some health conditions, like chronic obstructive pulmonary disease, diabetes, and heart disease, further exacerbate the problem. Taking extra precautions to stay hydrated is vital.

Invest in Bug Spray.

Insects that make their return during the warmer months are more than just pests. Some carry with them health concerns, such as Lyme disease and West Nile virus. Wear bug spray when you are outdoors. Long sleeves and pants offer another layer of protection. Also be sure to check your clothing, skin, and hair for ticks.

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.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Plummer Place is an Emergency Cooling Center. If these summer days get too hot for you and you need relief from the heat, come on down or call us and we can pick you up in our bus. Sit and relax in our inviting Center, join a class, read a book, visit with friends or watch some tv. We'd be happy to see you!</p>					<p>1 Stretch & Strength: 9:00 SHINE: 9-12:00</p>	<p>2</p>
<p>3</p>	<p>4 CLOSED</p> 	<p>5 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00</p>	<p>6 Low Imp: 10:00 Computer: 1:30 Ukulele: 2:00 Tap: 2:30</p>	<p>7 Joy of Mvm:10:00 Chair Yoga:11:15 Mahjong: 12:30</p>	<p>8 Stretch & Strength: 9:00 SHINE: 9-12:00</p>	<p>9</p>
<p>10</p>	<p>11 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Aqua: 1:30</p>	<p>12 Hike: 10:00 Painting: 10:00 BP Clinic: 11-12 POKENO: 12:30 Bridge: 12:30 Strength: 1:00</p>	<p>13 Low Imp: 10:00 Women Grp: 1:00 Computer: 1:30 Ukulele: 2:00 Tap: 2:30</p>	<p>14 Joy of Mvm:10:00 Chair Yoga:11:15 Mahjong: 12:30</p>	<p>15 Stretch & Strength: 9:00 SHINE: 9-12:00</p>	<p>16</p>
<p>17</p>	<p>18 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Aqua: 1:30</p>	<p>19 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00</p>	<p>20 Low Imp: 10:00 Book Club: 10:30 Ukulele: 2:00 Computer: 1:30 Tap: 2:30</p>	<p>21 Joy of Mvm:10:00 Chair Yoga:11:15 Mahjong: 12:30 Hair Appts: 12:30</p>	<p>22 Stretch & Strength: 9:00 SHINE: 9-12:00</p>	<p>23</p>
<p>24</p>	<p>25 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Aqua: 1:30</p>	<p>26 Hike: 10:00 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00</p>	<p>27 Low Imp: 10:00 Women Grp: 1:00 Computer: 1:30 Ukulele: 2:00 Tap: 2:30</p>	<p>21 Joy of Mvm:10:00 Chair Yoga:11:15 Mahjong: 12:30</p>	<p>29 Stretch & Strength: 9:00 SHINE: 9-12:00</p>	<p>30</p>
<p>31</p>						

SUPPORT OUR ADVERTISERS!



August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Aqua @ Wcc: 1:30	2 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	3 Low Imp: 10:00 Computer: 1:30 Ukulele: 2:00 Tap: 2:30	4 Joy of Mvm: 10:00 Chair Yoga: 11:15 Mahjong: 12:30	5 Stretch & Strength: 9:00 SHINE: 9-12:00	6
7	8 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Aqua @ Wcc: 1:30	9 Hike: 10:00 Painting: 10:00 BP Clinic: 11-12 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	10 Sen. Moore: 9:30 Low Imp: 10:00 Women Grp: 1:00 Computer: 1:30 Ukulele: 2:00 Tap: 2:30	11 Joy of Mvm: 10:00 Chair Yoga: 11:15 Mahjong: 12:30	12 Stretch & Strength: 9:00 SHINE: 9-12:00	13
14	15 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Aqua @ Wcc: 1:30	16 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	17 Low Imp: 10:00 Book Clb: 10:30 Computer: 1:30 Ukulele: 2:00 Tap: 2:30	18 Joy of Mvm: 10:00 Chair Yoga: 11:15 Mahjong: 12:30 Hair Appts: 12:30	19 Stretch & Strength: 9:00 SHINE: 9-12:00	20
21	22 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Aqua @ Wcc: 1:30	23 Painting: 10:00 Hike: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	24 Low Imp: 10:00 Women Grp: 1:00 Computer: 1:30 Ukulele: 2:00 Tap: 2:30	25 Joy of Mvm: 10:00 Chair Yoga: 11:15 Mahjong: 12:30	26 Stretch & Strength: 9:00 SHINE: 9-12:00	27
28	29 Chair Ex: 9:00 Tai Chi: 11:00 BINGO: 1:00 Mahjong: 1:00 Aqua @ Wcc: 1:30	30 Painting: 10:00 POKENO: 12:30 Bridge: 12:30 Strength: 1:00	31 Low Imp: 10:00 Computer: 1:30 Ukulele: 2:00 Tap: 2:30			

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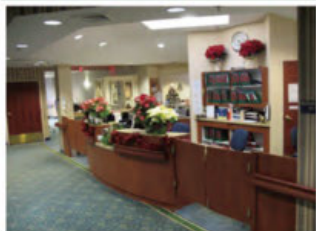
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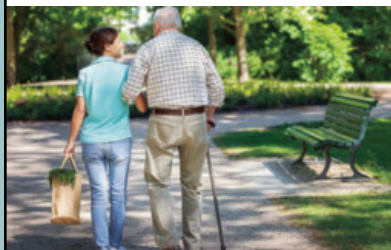
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SCRABBLE TIME!



Join us at the Center for a great way to have fun and meet new friends. Call Jeanne for more information and to sign up.
Mondays: July 11th and July 25th,
August 8th and August 23rd.

POSSIBILITIES...

We are trying to put together programs that several people have asked about. Please call Amy at the Center if you have any interest in the following:

- Basic First Aid Class
- CPR Class
- Pet First Aid Class

"TAKE A HIKE"

PLUMMER PLACE WALKING CLUB JULY/AUGUST DATES



July 11th: West Hill Dam, Uxbridge
July 26th: Hopedale Parklands
August 9th: Upton State Forest
August 23rd: SNETT- South Street Douglas

Meet at 10:00am for each hike

PITCH LEAGUE: SEPTEMBER

New Pitch League starting in September.
Mondays, 9-11:00am.

Sign up now for our newest league at the Center. Details will follow once we get our list. Please call Michelle at the Center to join. Partners, \$2-\$5/week - give us your ideas for this new endeavor!

