

Wrentham

COUNCIL ON AGING



LOOKING AHEAD

CENTER STAFF

Janet Angelico

Senior Center Director,
Transportation

jangelico@wrentham.gov

Robin Tobin

Outreach Worker, Notary

rtobin@wrentham.gov

Linda Plympton

Administrative Assistant

lplympton@wrentham.gov

Peter Reidel

Van Driver

Lou Poncia

Van Driver

Donna Martin

Trip Coordinator

Emily Todd

Meal Site Manager
508-384-1164

WRENTHAM COUNCIL ON AGING

MEMBERS;

Kendra Farling - Chairwoman
Paul Bruneau—Vice Chairman
Nancy Mure - Secretary
Ann Smith
Robert Ayres
Wayne Burt
Judy Simonds

400 Taunton Street, Wrentham, MA 02093

508-384-5425 (phone), 508-384-5447 (fax)

www.wrentham.gov

Office Hours

Mon – Thurs: 8:30 a.m. to 3:30 p.m., Fri.: 8:30 a.m. to 2:00 p.m.

PLEASE REMEMBER TO SIGN IN ON MYSENIORCENTER!

Just a reminder—it is important you scan your MySeniorCenter card every time you come into the Senior Center. If you volunteer, you need to enter the hours you do volunteer work. We use these important statistics to help us apply for grants that fund many of our programs.

WRENTHAM FOOD PANTRY

The Food Pantry provides a 3-day emergency supply of food to Wrentham residents of all ages in need every week. Additionally, the pantry provides special meal distribution during the holidays, including Easter. The pantry is open every Saturday from 10:00a.m.—Noon and is located at the Whitson House behind the Original Congregational Church at the corner of Rt. 140 and 1A. You may contact the Food Pantry at 508-384-3110 and/or email: food.wrentham@gmail.com

WRENTHAM SENIOR ART GROUP

12th Annual Exhibition: Wrentham Past & Present

April 5 to May 2, 2023

FISKE LIBRARY, RANDALL ROAD, WRENTHAM

Artists' Reception Saturday, April 8, 1—3 p.m.

INSIDE THIS ISSUE

Weekly Activities/Classes	02
April Special Events	03
Outreach Corner	04
Calendar of Events	05
Monthly Events	06
Trip Announcements	07
Town Announcements	08



APRIL SPECIAL EVENTS

2

WRENTHAM POLICE TRAINING ON SCAMS & FRAUD

Please join members of the Wrentham Police Department on Thursday, April 13 at 9:30 a.m. as they talk about the various types of scams and fraud that are out there against seniors. This is an important talk you should plan on attending! The police are so knowledgeable about what scams are out there and how to avoid falling prey to these scams and fraud. The training will be focused on recognizing scams and frauds along with how to report these activities if someone gets compromised. Please register for this training by calling the Senior Center at 508-384-5425 or sign up at the front desk.

HOME SELLERS SEMINAR

Seniors over 60 are once again invited to the Wrentham Senior Center for the final informational seminar of the year, hosted by the Rose Stavola Realty Group LLC. On Thursday, April 27 at 11:00 a.m. Rose Stavola will share helpful information related to selling your house. In addition to highlighting ways to maximize your profits, Rose will give you a better understanding of topics such as: "direct buy or flipper companies", pricing, how Zillow affects your home sale and discount brokers such as Redfin. She will also review what buyers want and marketing versus marketability.

Attendees are asked to pre-register by phone at 508-384-5425 or in person at the Wrentham Senior Center at least 1 week prior to the seminar. Lunch will be provided, with many thanks, by Rose Stavola. Anyone with questions may call Rose at 508-507-1853.



Rose Stavola Realty Group

We are a team of Wrentham residents that understand Wrentham Real Estate. We offer home preparation consultations, professional photography and expert guidance throughout the process of selling your home.

Serving Wrentham and beyond

☎ 508-507-1853

✉ www.rosestavola.com

🌐 rosestavolarealty@gmail.com



BERKSHIRE HATHAWAY
HomeServices

Evolution Properties



A member of the franchise system of BHH Affiliates, LLC



For ad info. call 1-800-477-4574 • www.4lpi.com

Wrentham Council on Aging, Wrentham, MA

06-5380

WEEKLY CLASSES & ACTIVITIES

3

MONDAY

WALKING GROUP

9:00 A.M., MEETS IN THE SENIOR CENTER PARKING LOT. THE GROUP WALKS FOR APPROXIMATELY 1 HOUR.

GAMES

10:00 A.M.—12 NOON

COME IN AND JOIN A FUN GROUP. VARIOUS GAMES ARE PLAYED.

LINE DANCING

1:00 P.M.—2:00 P.M.

COST: \$2

ENJOY GREAT EXERCISE WHILE LEARNING THE LATEST LINE DANCES!

VETERANS' SERVICE OFFICE HOURS

1:00 P.M.—2:00 P.M.

OUR VETERANS' AGENT, STEPHEN TRAVERS, WILL BE AT THE CENTER BY APPOINTMENT. PLEASE CALL 508-699-0120 TO SPEAK WITH HIM OR MAKE AN APPOINTMENT.

QI GONG—MOVEMENT & MINDFULNESS FOR WOMEN'S HEALTH

3:00 P.M.—3:45 P.M.

COST: \$2

Benefits of qi gong include lowered stress and anxiety, increased focus, and improved balance and flexibility.

TUESDAY

PAINTING GROUP

9:30 A.M.—11:30 A.M.

THE PAINTING GROUP IS A RELAXED GROUP OF PEOPLE WHO COME IN TO LEARN FROM EACH OTHER AND PRACTICE THEIR SKILLS.

CRIBBAGE

9:30 A.M.—11:00 A.M.

YMCA EXERCISE CLASS

1:30 P.M.—2:30 P.M.

COST: \$2

GROUP EXERCISE CLASS SET TO MUSIC, INCLUDES STRENGTH TRAINING, BOTH SITTING AND STANDING. BUILDS STRENGTH, FLEXIBILITY, BALANCE AND ENDURANCE.

WEDNESDAY

SHINE

9:00 A.M.—12:00 NOON

OUR VOLUNTEER SHINE COUNSELOR WILL BE AVAILABLE ON WEDNESDAYS BY APPOINTMENT ONLY. PLEASE CALL THE CENTER TO SET UP AN APPOINTMENT.

BEGINNER MAH JONG

9:00 A.M.—11:00 A.M., 3/8 TO 4/12

SIGN UP IN ADVANCE

KNITTING & CROCHET

10:00 A.M.

OUR GROUP GETS TOGETHER TO WORK ON THEIR OWN PROJECTS AND TO HELP THOSE WHO NEED INSTRUCTION. ALL ARE WELCOME.

CHAIR YOGA

12:30 P.M.—1:30 P.M.

COST: \$2

INCREASE YOUR STRENGTH & FLEXIBILITY IN THE COMFORT OF A CHAIR. REDUCE STRESS AND JOINT STIFFNESS WHILE BOOSTING YOUR MOOD. NO EXPERIENCE NEEDED.

THURSDAY

SIT & STRETCH

11:00 A.M.—12 NOON

COST: \$2

APPROPRIATE FOR ALL FITNESS LEVELS, INCLUDING ARTHRITIS AND OTHER CONDITIONS. GREAT FOR BALANCE, STABILITY AND OVERALL JOINT HEALTH.

FLOOR YOGA

2:00 P.M.—3:00 P.M.

COST: \$3

BASIC YOGA POSES, MEDITATION & BREATH WORK. YOU MUST BE ABLE TO SIT DOWN, LIE DOWN AND GET UP FROM THE FLOOR WITHOUT ASSISTANCE. BRING A YOGA MAT.

FRIDAY

GROCERY SHOPPING

9:00 A.M. VAN GOES TO STOP & SHOP IN PLAINVILLE FOR ONE HOUR OF SHOPPING.

The Staff at the Wrentham Senior Center wishes residents a Blessed Passover, a Blessed Eid, a reflective Lent and an Eggcellent Easter to each and all celebrating!

Caregivers Support Group

Attention Caregivers! The Senior Center and the Nurses of the Metacomet Public Health Alliance are pleased to announce that we will offer a monthly Caregivers Support Group, Wednesday, April 12 at 1:00pm at the Wrentham Senior Center!



Meetings will be held monthly on the Second Wednesday at 1:00. If you are a Caregiver and in need of support please call the Senior Center and reserve your name. We hope to see you

988—Suicide & Crisis Lifeline

The Suicide and Crisis Lifeline can help prevent suicide in individuals of ALL ages. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. Call the Lifeline, 988, anytime 24/7. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

MASSHEALTH REDETERMINATION

Continuous coverage requirements that started during the COVID 19 pandemic are due to end on April 1st and so all MassHealth recipients will need to renew their coverage. If MassHealth has enough information to confirm eligibility, coverage will be renewed automatically. Any MassHealth recipient who is not automatically renewed should look out for a **blue envelope** in the mail which contains a renewal form that should be filled in and returned within 45 days of the date on the letter. Alternatively, this can be done online or via a phone call. In preparation for this letter, all MassHealth recipients should ensure that MassHealth has their **up-to-date address, phone number and email** and that they **report any household changes**.

Federal COVID Extra SNAP Program Ending!

Starting April 1st, 2023, you will receive 1 monthly SNAP payment which is your normal benefit. You may increase your benefit by verifying your medical costs over \$35.00 a month for ANYONE in your SNAP household who is 60 years+ or has a disability. An Out-of-Pocket Medical Expenses Form needs to be completed. Please contact Robin Tobin, Outreach Worker, 508-384-5425, to obtain this form, or calling the DTA Connect at 877-382-

Heating & Utility LIHEAP (Low Income Heating Energy Assistance Program). The 2022-2023 LIHEAP Season continues to accept applications. This Program helps keep families safe and warm through the winter months by assisting families with energy costs. LIHEAP federally funded assistance to reduce the costs associated with home energy bills, energy crises, weatherization, and minor energy-related home repairs. Call Robin Tobin, 508-384-5425, for Eligibility Criteria and to schedule an appointment; no walk-ins!

Good Neighbor Energy Fund (GNEF): The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels. Feel you may be eligible?, call Robin Tobin, 508-384-5425.

Eversource Payment Plans and Assistance

You may qualify for one or more of these programs if you're struggling to pay your utility bills and meet specific income requirements. Please call Eversource directly **866-861-6225** or <https://www.eversource.com/content/ema-c/residential/account-billing/payment-assistance>

National Grid Plans and Assistance

National Grid offers a number of assistance programs and deferred payment options if you need them. Please call National Grid Directly to learn about these Programs at **1-800-322-3223** or <https://www.nationalgridus.com/MA-Home/Bill-Help/>

APRIL CALENDAR

MON	TUES	WED	THURS	FRI
03	04	05	06	07
9:00 Walking Group 10:00 Games 1:00 Line Dancing 1:00 Veterans' Service Office Hr. 3:00 Qi Gong	9:00 Errands 9:00 Podiatrist 9:30 Painting 9:30 Cribbage 1:30 Exercise	9:00 SHINE 9:00 Beginner Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go 12:30 Chair Yoga	10:00 Manicures/Pedicures 11:00 Sit & Stretch 2:00 Floor Yoga	9:00 Grocery Shopping 9:00 AARP Tax Aide—by appointment
10	11	12	13	14
9:00 Walking Group 10:00 Games 1:00 Line Dancing 1:00 Veterans' Service Office Hr. 3:00 Qi Gong	9:00 Target 9:30 Painting 9:30 Cribbage 10:00 Ask the Nurse/Blood Pressure Clinic 1:30 Exercise	9:00 SHINE 9:00 Beginner Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go 12:30 Chair Yoga 1:00 Caregivers Support Group	9:30 Wrentham Police Training on Scams & Fraud 11:00 Sit & Stretch 1:00 Low Vision Group—Franklin 2:00 Floor Yoga 3:30 Book Group	9:00 Grocery Shopping 9:00 AARP Tax Aide—by appointment
17	18	19	20	21
HOLIDAY - PATRIOT'S DAY	Michael Amante 9:30 Painting 9:30 Cribbage 1:30 Exercise 3:30 COA Board Meeting	9:00 SHINE 10:00 Knit/Crochet 12:00 Grab & Go 12:30 Chair Yoga	10:00 Manicures/Pedicures 11:00 Sit & Stretch 2:00 Floor Yoga	9:00 Grocery Shopping 10:00 Movie—Ticket to Paradise 12:00 Pizza
24	25	26	27	28
9:00 Walking Group 10:00 Games 1:00 Line Dancing 1:00 Veterans' Service Office Hr. 3:00 Qi Gong	9:00 Trader Joe's/Christmas Tree 9:30 Painting 9:30 Cribbage 1:30 Exercise	9:00 SHINE 10:00 Knit/Crochet 12:00 Grab & Go 12:30 Chair Yoga	11:00 Sit & Stretch 11:00 Home Sellers Seminar 2:00 Floor Yoga	9:00 Grocery Shopping

MEALS PROGRAM

Grab & Go Lunch every Wednesday, please call 508-384-5425 to order at least two days ahead.

For information on Meals on Wheels, please call HESSCO Elder Services at 781-784-4944.

Call Emily Todd, Meal Site Manager at 508-384-1164, to order a meal 2 days ahead.



MANICURES/PEDICURES

Thursday, April 6 and 20, by appointment only. Call the Center at 508-384-5425 to make an appointment for this special treat!

ASK THE NURSE

Program by the Public Health Nurses. Tuesday, April 14 at 10:00 a.m. Blood Pressure Clinic, blood sugar, oxygen saturation level, medication instruction and answer any medical questions/concerns you may have. Call the Senior Center to make an appointment.

LOW VISION

SUPPORT GROUP AT THE STELLA JEAN ASSISTIVE TECHNOLOGY CENTER, FRANKLIN SENIOR CENTER
The Group will meet on the 2nd Thursday of the month from 1:00 p.m.—2:30 p.m. Transportation for Wrentham residents is available. Call the Senior Center for more information at 508-384-5425.

MOVIE & PIZZA

Friday, April 21.
Movie at 10:00 a.m., pizza to follow. Pizza is \$4, payable at sign up. Call by Tuesday, April 18. Join us for pizza, the movie or both! The movie is "Ticket to Paradise"

BOOK GROUP

Our April Selection is Gentlemen of the Road by Michael Chabon. We will meet at our regularly schedule date of Thursday April 13, 3:30pm. The book is a short historical fiction tale of adventure and contains select illustrations by Gary Gianni, who previously illustrated the syndicated comic Prince Valiant. Please remember to call the Senior Center to register for the group, as space is limited.

We have a volunteer who is willing to help you with tech questions or troubleshooting for your devices—cell phones, ipads, laptops, etc. Please call the Senior Center if you would like to come in and get help!

Speech-Language & Hearing
Associates of Greater Boston
Specialists in Speech, Language, Learning & Audiology
Licensed & Certified Audiologists and Speech-Language Pathologists
HEARING TESTS • HEARING AIDS • ADULT SPEECH & LANGUAGE THERAPY • PARKINSON (LSVT) • APHASIA
OCCUPATIONAL THERAPY
Medfield 5 N. Meadows Rd. | 508-359-4532
Plainville 30 Man-Mar Dr. | 508-695-6848

 **PROFESSIONAL PHYSICAL THERAPY & SPORTS MEDICINE**
Treating patients physical therapy needs for over 30 years.

2 Locations in Franklin, MA
340 East Central Street (Next to Big Y Plaza)
620 Old West Central Street (Across from Stop & Shop Plaza)

508-528-6100

Areas of Pain We Treat:	Conditions We Treat:
<ul style="list-style-type: none"> Jaw/TMJ Neck/Arm Shoulder & Rotator Cuff Hand, Forearm & Wrist Back & Sciatica Hip & Knee Foot & Ankle 	<ul style="list-style-type: none"> Dizziness & Vertigo Balance Disorders & Fall Risk Pre/Post Surgical Rehab TMJ/Craniofacial Therapy Pain Management

Accepting Most Major Insurances Including MEDICARE

Avoid unnecessary medications, injections, and surgery.
Don't Wait - Get Started Right Now!

508-528-6100  ProPTinc.com


Pond Home
GRACIOUS RETIREMENT LIVING
Since 1899 offering a unique option in long term care-Residential Care.
Schedule your visit today by calling
508-384-3531
or emailing
inquiry@pondhome.org
289 EAST STREET • WRENTHAM

HANDYMAN
"Mr. Fix It" 
Not much I can't do around the house, inside & out.

PAINTING • CARPENTRY • BATHROOM REMODELING • GUTTER CLEANING
NO JOB TOO SMALL!
CALL MARK 508-243-1065

Joyful Living Center at Sterling Lofts Adult Day Health helps adults and seniors live well.
Learn more
Visit SevitaHealth.com or call 508-492-6344


SENIOR CENTER TRIP ANNOUNCEMENTS

7

THANK YOU TO THE FRIENDS OF WRENTHAM SENIORS, INC., FOR PROVIDING A GRANT TO WRENTHAM SENIORS THAT WILL PAY 1/2 THE COST OF DAY TRIPS IN 2023, UP UNTIL THE GRANT IS DEPLETED.

MICHAEL AMANTE

TUESDAY, 4/18/2023.....\$111.00

Live in concert at the Castleton Conference Center, Windham, NH. He is the people's tenor; highly praised by the likes of Pavarotti and Tony Bennett! Select lunch entrée of either Stuffed Chicken or Vegetarian Lasagna. Depart TBA. Pay in full at sign up, with no refund after 4/6/2023.

STAYIN ALIVE

WEDNESDAY, 5/24/2023.....\$89.00

World's #1 Tribute to the Bee Gees! Vocalists Mattina, Sharman & Manz create a sense of hearing and experiencing the Brothers' Gibb live in concert. This is a drive on your own to Lake Pearl, arrive no earlier than 11:30 a.m. Select entrée of either Stuffed Chicken or Veg. Lasagna. Pay in full by 4/20, no refund after 5/11.

BEAUTIFUL (CAROLE KING MUSICAL)

THURSDAY, JUNE 1, 2023.....\$150.00

After lunch at Warren's in Kittery, Maine, we enjoy a live performance of "Beautiful, The Carole King Musical" at the Ogunquit Playhouse. Select your lunch offering from six different offerings. Depart time is 8:15 a.m., with an estimated return time of 7:15 p.m. Sign up now and payment in full must be made by May 3, 2023.

OVERNIGHT TRIPS

VICTORIAN CAPE MAY, NEW JERSEY

Monday—Thursday, May 8—11, 2023

There is so much to see, so much to do!! The Flyer is available at the Senior Center. \$1,229 ppdbl — Must pay in full at sign up.

ADIRONDACK BALLOON FESTIVAL

Fri.—Sun., September 22—24, 2023

\$862 ppdbl—Deposit \$100 @ sign up—Final Payment due 8/1/23. Flyer available at the Senior Center.

DANIEL WEBSTER INN

WEDNESDAY, 6/14/2023.....\$111.00

Built in 1692, first used as a parsonage, then a tavern and then Patriot headquarters during the Revolution. It became a favorite of Daniel Webster for whom it was subsequently named. Depart for Sandwich at 11:15 a.m. for a Grand Buffet followed by a magical musical tour with Jody Ebling's "Tribute to Broadway". Pay in full by 5/9/23.

CHRISTMAS IN JULY

WEDNESDAY, JULY 19, 2023.....\$121.00

Be prepared for a sensational and seasoned sound produced by a "dueling piano show." Seated at opposing pianos, they sing and play a wide variety of hits from the 50's to today. Before show time, a delicious Lobster Bake will be served at Foster's, York, ME (not air conditioned but is handicapped accessible.) Depart at 9:00 a.m., return approximately 5:30 p.m. We will be sharing this trip with another group so please sign up ASAP!

EDWARDS TWINS

WEDNESDAY, 8/2/2023.....\$89.00

Twin brothers, Anthony and Eddie Edwards are the contry's premiere Celebrity illusionists! Known as Vegas' top impersonators and impressionists. This is a Drive on your Own to Lake Pearl, no earlier than 11:30 a.m. The menu is House Salad served with Chicken Parmesan, Penne Pasta and a Vegetable Medley. Tour company requires an Assumption of Risk Form to be completed upon sign up. Pay in full no later than 6/8.

PAY ALL TRIPS BY CHECK PAYABLE TO WRENTHAM SENIOR TRAVEL. YOUR FILE OF LIFE IS YOUR BOARDING PASS. SPECIAL REQUESTS FOR ASSISTANCE ON BUS AND /OR AT VENUE MUST BE MADE KNOWN AT SIGN UP. NO REFUND IS GIVEN AFTER PAY IN FULL DATE UNLESS STATED TO THE CONTRARY.

Friends of Wrentham
Senior Citizens, Inc.
400 Taunton Street
Wrentham, MA 02093

Nonprofit Organization
U.S. POSTAGE
-PST. STD.-
PAID
Wrentham, MA 02093
PERMIT NO. 77

**WRENTHAM'S 350TH 2023 IMPORTANT
DATES—MARK YOUR CALENDARS!**

**May 20 (Saturday) William Sweatt Day—
Town Common—12 noon to 4 p.m.**

**July 15 (Saturday) Celebration Birthday
Party—Town Common—12 noon to 3 p.m.**

**September 16 (Saturday—rain or shine)
Celebration Grand Parade—12 noon**

**October 15 (Sunday) Time Capsule Burial—
Town Common (lower) - 1 p.m.**

**December 2 (Saturday) Celebration Gala—
Lake Pearl—6 p.m. to midnight**

WRENTHAM SENIOR CENTER APRIL NEWSLETTER

R.J. Ross Funeral Home

135 South Street • Wrentham, MA 02093

508-384-3133

rjrossfuneralhomeinc.com

INTEGRITY • COMPASSION • COMMUNICATION



**DOHERTY, DUGAN, CANNON,
RAYMOND & WEIL, P.C.**

Almost any legal problem is solvable at

DOHERTY, DUGAN, CANNON, RAYMOND & WEIL, P.C.

Our team can guide you through a wide range of legal needs:

ESTATE PLANNING & PROBATE • DOMESTIC RELATIONS & MEDIATION
REAL ESTATE • LITIGATION • BUSINESS LAW
LANDLORD/TENANT DISPUTES • EMPLOYMENT LAW

Call 508.541.3000 Today

www.ddcrwlaw.com



Optimal Home Health Care also provides care that complements the services residents are currently receiving in group homes, nursing homes and assisted living facilities.



24/7 agency provides the following services:

- Personal care, like assisting with bathing
- Skilled nursing, like helping with medication management
- Companionship for conversation and smiles
- Errands, like groceries shopping or pharmacy visits
- Light housekeeping, like dusting and vacuuming
- Meal preparation for food you'll enjoy
- Medication reminders to help maintain good health
- Transportation to doctor and other appointments

Please contact us to discuss any needs you may have. To learn more call 508-499-0483. www.optimalhhc.com

You Can
Rely on
US

W.H. RILEY & SON
has been keeping local
families warm for
nearly 150 years.

We'll be there for you
again this winter!



YOUR FAMILY'S COMFORT IS
OUR NUMBER ONE CONCERN!

W.H. RILEY & SON INC.

Celebrating Our 149th Anniversary!

1873-2022 Family Owned & Operated

HEATING OIL & PROPANE / EST. 1873

**North Attleboro
508-699-4651**



**Taunton
508-822-1282**

Now Manage Your Account Online at www.whriley.com



For ad info. call 1-800-477-4574 • www.4lpi.com

Wrentham Council on Aging, Wrentham, MA

06-5380