

Wrentham

COUNCIL ON AGING



LOOKING AHEAD

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WRENTHAM COUNCIL ON AGING

MEMBERS;

Kendra Farling - Chairwoman
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Ann Smith
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Wayne Burt

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.

AARP TAX ASSISTANCE—2022

AARP Income Tax Assistance will begin on Friday, February 3, from 9:00 a.m. to 12 noon. We will not begin to schedule appointments until Tuesday, January 17. **DO NOT CALL** the Senior Center until this date. When you make your appointment you will be required to pick up an intake/review form and fill out the first half of the form before your appointment. An AARP volunteer will help you complete the rest of the form when you come in for your appointment. You should also have with you all of your tax information and identification for your appointment.

Please be sure to check our special events for January and February. We have some very informative programs coming up!

A big Thank You to everyone who donated to our "Holiday Giving" project here at the Senior Center for families and seniors in need. You truly help make a difference in people's lives!

INSIDE THIS ISSUE

Weekly Activities/Classes	02
Jan. & Feb. Special Events	03
Outreach Corner	04
Calendar of Events	05
Monthly Events	06
Trip Announcements	07
Mailing Page	08



WEEKLY CLASSES & ACTIVITIES

2

****MAH JONG ANYONE?***

WE ARE LOOKING FOR PEOPLE INTERESTED IN LEARNING MAH JONG. PLEASE CALL THE CENTER IF YOU WOULD LIKE TO LEARN!

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 -NOTE CHANGE!

9:30 A.M.—11:00 A.M.

YMCA EXERCISE CLASS—NOTE CHANGE!

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

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—NOTE CHANGE!

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.

Wrentham Senior Center Informational Seminars

The Rose Stavola Realty Group LLC . is hosting informational seminars with guest speakers at the Wrentham Senior Center. The seminars will address topics pertinent to seniors, such as Estate planning, Deed Scams and Reverse Mortgages. Please pre-register at least a week in advance by calling the Senior Center at 508-384-5425. Rose will provide lunch after each seminar. Anyone with questions about current seminars or ideas for future topics can call Rose Stavola at 508-507-1853

The seminars will be once a month on a Thursday with the next scheduled seminar topic **“Estate Planning”** on January 12,2023 at 11 a.m. The guest speaker for the event is Amy M. Antonellis of Family Legal Partners, P.C.

On Thursday, February 9, 2023, at 11 a.m. **Register O’Donnell from the Norfolk County Registry of Deeds** will speak about topics related to consumer issues and concerns that affect property owners. These topics include homestead protection, mortgage discharge, deeds, registry news, the process of document indexing, and the Registry’s Consumer Notification Service.

The guest speaker for the March Seminar is **Mike Dunsky of Fairway Mortgage Company.**, Mike will speak on Thursday, March 30,2023 at 11 a.m. Mike will discuss the pros and cons of reverse mortgages.



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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.

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Dear Most Generous Donors,
Thank you for donating to our Holiday Gift Fund during unprecedented economic times. Because of your generosity, we were able to provide assistance such as food, clothing, heating, to name a few to the seniors, individuals as well as families in Wrentham. It's supporters like you that help us change the world every day.

With Gratitude,
Robin Tobin, Outreach Worker



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 beginning Wednesday, January 11 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!

BEATING THE WINTER BLUES

Immediately following the New Year, many people suffer from what is commonly called the "January Blues". January, in particular, is known for being depressing due to post-holiday let down, holiday bills coming due, less daylight, cold and wet weather! Coping with the January blues can be challenging. You may need to change your habits or adopt new lifestyle changes such as exercise, diet or self-care. The Senior Center can help!

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.

Heating & Utility

LIHEAP (Low Income Heating Energy Assistance Program).

The 2022-2023 LIHEAP Season will be accepting applications beginning November 1st, 2022. This Program helps keep families safe and warm through the winter months by assisting families with energy costs. LIHEAP provides federally funded assistance to reduce the costs associated with home energy bills, energy crises, weatherization, and minor energy-related home repairs. Please call Robin Tobin, 508-384-5425, for Eligibility Criteria and to schedule an appointment; no walk-ins please.

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. If you feel you may be eligible please call Robin Tobin, 508-384-5425, for program criteria and eligibility.

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/>

INTERNET ESSENTIALS FROM XFINITY. As an Xfinity customer you could qualify for free internet service through the Affordable Connectivity Program (ACP).

VERIZON LIFE DISCOUNT PROGRAM. Verizon is offering ultra-fast speed of Fios through this program.

For information on both programs please call Robin Tobin, Outreach Worker, 508-384-5425.

JANUARY CALENDAR

MON	TUES	WED	THURS	FRI
02	03	04	05	06
HAPPY NEW YEAR! SENIOR CENTER IS CLOSED TODAY	9:00 Errands 9:30 Painting 9:30 Cribbage 1:30 Exercise	9:00 SHINE 10:00 Knit/Crochet 12:00 Grab & Go Lunch 12:30 Chair Yoga	10:00 Manicures/ Pedicures 11:00 Sit & Stretch 2:00 Floor Yoga	9:00 Grocery Shopping
09	10	11	12	13
9:00 Walking Group 10:00 Games 1:00 Line Dancing 1:00 Veterans' Service Office Hour 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 10:00 Knit/Crochet 12:00 Grab & Go Lunch 12:30 Chair Yoga 1:00 Caregivers Support Group	11:00 Sit & Stretch 11:00 Estate Planning Discussion 1:00 Low Vision Group—Franklin 2:00 Floor Yoga	9:00 Grocery Shopping
16	17	18	19	20
MARTIN LUTHER KING HOLIDAY SENIOR CENTER IS CLOSED TODAY	9:30 Painting 9:30 Cribbage 1:30 Exercise 3:30 COA Meeting	9:00 SHINE 10:00 Knit/Crochet 12:00 Grab & Go Lunch 12:30 Chair Yoga	10:00 Manicures/ Pedicures 10:30 Wright's Chicken Farm 11:00 Sit & Stretch 2:00 Floor Yoga	9:00 Grocery Shopping 10:00 Movie— "Where the Crawdads Sing" 12:00 Pizza
23	24	25	26	27
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 Lunch 12:30 Chair Yoga	11:00 Sit & Stretch 2:00 Floor Yoga	9:00 Grocery Shopping
30	31			
9:00 Walking Group 10:00 Games 1:00 Line Dancing 1:00 Veterans' Service Office Hr. 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 1:30 Exercise		THE FEBRUARY 2023 CALENDAR OF EVENTS WILL BE AVAILABLE FOR PICK UP ON JAN. 27 AT THE CENTER.	



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.

MANICURES/PEDICURES

Thursday, January 5 & 19 and February 2 & 16, 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, January 10 and February 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, January 20 and February 17.
Movie at 10:00 a.m., pizza to follow. Pizza is \$4, payable at sign up. Call by Wed., 12/14. Join us for pizza, the movie or both! Movies on the calendar.

BOOK GROUP

There is no January Book Group. The February Book Group will take place on Thursday, February 9 at 3:30 p.m. Here's the copy: February is Mystery Month - our book selection is *Clark and Division* by Naomi Hirahara, an Los Angeles journalist and crime writer. The title refers to an area of 1950s Chicago where Japanese Americans were resettled after their internment.

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!

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SENIOR CENTER TRIP ANNOUNCEMENTS

7

WRIGHTS CHICKEN FARM

THURSDAY, JANUARY 19, 2023, ALL PAY \$25

This is our annual trip to the Chicken Farm. Depart time is 10:30 a.m. Enjoy an "All You Can Eat" chicken lunch accompanied by salad, pasta and French fries. Sit back after lunch and enjoy a few Bingo Games for cash prizes. A stop will be made at Wrights' Bakery before heading home..

WAIT LIST ONLY!

OVERNIGHT TRIPS

**CAPE MAY, NJ Mon.— Thurs. May 8-11
(Full itinerary and pricing available shortly)**

**ADIRONDACK BALLOON FESTIVAL
Fri.—Sun., September 22—24, 2023
\$862 ppdbl—Deposit \$100 @ sign up—Final
Payment due 8/1/23.**

Flyers available at the Senior Center

SIGN UP FOR THE FOLLOWING TRIPS AFTER JANUARY 11, 2023

EMMETT CAHILL

THURSDAY, 3/9/2023.....\$121.00

Emmett is the Superstar of "Celtic Thunder" Join us at Danversport where Ireland's most exciting young tenor will give us everything a St. Patrick's Day celebration calls for. Select lunch entrée of either Corned Beef & Cabbage or Baked Schrod. Depart TBA. Pay in full by 2/6/23 with no refund after 2/27.

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 by 3/13/2023 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 Vegetarian Lasagna. Pay in full by 4/20/23, no refund after 5/11/23.

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.

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.

Friends of Wrentham
Senior Citizens, Inc.

400 Taunton Street
Wrentham, MA 02093

“Baby it’s Cold Outside...”

Just a reminder, Wrentham residents and especially our seniors are welcome to visit the Center and warm up in the event you lose power/heat. We are blessed to have a Generator!



**LAST CHANCE TO SIGN UP FOR THE
350TH BRUNCH FOR
WRENTHAM SENIORS!**

**PLEASE CALL THE SENIOR CENTER AT
508-384-5425 TO SIGN UP FOR THE 9:30
A.M. OR 11:30 A.M. SEATINGS. SPACE
IS LIMITED. BRUNCH IS AT THE SENIOR
CENTER, 400 TAUNTON STREET.**

WRENTHAM SENIOR CENTER JANUARY/FEBRUARY NEWSLETTER

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