

Wrentham

COUNCIL ON AGING



LOOKING AHEAD

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

www.wrentham.gov

Office Hours

Mon – Thurs: 8:30am to 3:30 pm
Fri: 8:30am to 2:00pm

The Fall is upon us, one of my favorite seasons! We have a busy month ahead here at the Senior Center.

The all important Flu Clinic will be held here on October 4 by the Public Health Nurses.

The following day, October 5 at 9:00 a.m., Kathy Chianca from the SHINE Office at HESSCO will be here along with our SHINE volunteer to discuss Open Enrollment for your Medicare Coverage in 2023. Open Enrollment this year runs from October 15 through December 7.

Finally, also on October 5 at 2:00 p.m., we are co-hosting an event with the RMV at the Franklin Senior Center. A workshop on how to obtain your Real I.D. license which must be done in 2023.

All in all a busy, but important month! Please see more details on these events inside our newsletter.

We hope to see you here soon!

WRENTHAM COUNCIL ON AGING MEMBERS;

Kendra Farling - Chairwoman
Nancy Mure - Secretary
Ann Smith
Robert Ayres
Carolyn Collins
Paul Bruneau
Wayne Burt

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WEEKLY CLASSES & ACTIVITIES

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

3:00 P.M.—3:45 P.M.

COST: \$2

Benefits of qigong 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.

CHAIR YOGA

1:30 P.M.—2:30 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.



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.

YMCA EXERCISE CLASS

12:30 P.M.—1:15 P.M.

COST: \$2

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

THURSDAY

CRIBBAGE—NEW!

9:00 A.M.—11:00 A.M.

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.

HAPPENINGS IN OCTOBER

MEDICARE OPEN ENROLLMENT PRESENTATION

Kathy Chianca, from the SHINE office at HESSCO, along with our SHINE Counselor, Mary Shepardson, will be here on Wednesday, October 5 at 9:00 a.m. They will be doing a presentation on the upcoming Medicare Open Enrollment. It is important to review your coverage every year. Plan premiums, formularies and co-pay costs change. During Open Enrollment, you can adjust your plan for the next year. Open Enrollment runs from October 15 through December 7. Please sign up for this important presentation at our front desk or by calling 508-384-5425.

REGISTRY OF MOTOR VEHICLES WORKSHOP: OBTAINING THE REAL ID

Wednesday, October 5 at 2:00 p.m.

The RMV's REAL ID workshop helps people understand what a REAL ID is, identifies who will need to have a REAL ID, provides detailed instruction on how to apply for one, and answers pressing questions like, "Does everyone need to have a REAL ID?" (Answer: No, not everyone will need or want a REAL ID). We will be hosting this workshop in conjunction with the Franklin Senior Center, at 10 Daniel McCahill Street, Franklin. Please call the Wrentham Senior Center to register for this event and let us know if you need transportation to Franklin. Remember, if you are planning to fly next year any time on or after 5/3/23, you will need to have a REAL ID or a valid, unexpired Passport.

OUTREACH CORNER

LEAVES

BY ELSIE N. BRADY

How silently they tumble down
And come to rest upon the ground
To lay a carpet, rich and rare,
Beneath the trees without a care,
Content to sleep, their work well done
Colors gleaming in the sun.

At other times they wildly fly
Until they nearly reach the sky.
Twisting, turning through the air
Till all the trees stand stark and bare.
Exhausted, drop to earth below
To wait, like children, for the snow.

ATTENTION CAREGIVERS!

The Senior Center would love to offer a Caregivers' Support Group for our caregivers in the community juggling various caregiving needs. If you are a Caregiver and in need of support, please call the Senior Center and reserve a place. More details to follow when we receive interest.

WRENTHAM FOOD PANTRY

SATURDAYS, 10:00 A.M.—12 NOON

Located at the Whiston House behind the Original Congregational Church at the corner of Rte. 140 & 1A. Residents sign up by photo i.d. and proof of residency (such as dated utility bill). Questions, call 508-384-3110 or email: food.wrentham@gmail.com

TRANSPORTATION

Medical transportation resources are available, please call Janet or Robin for those resources!

GATRA on Demand United is an On-Demand, Same Day, Affordable and Accessible public transit service serving Foxborough, Franklin, Norfolk and Wrentham. Call 1-800-698-7676 to schedule A RIDE.

LIHEAP (Low Income Heating Energy Assistance)

Be on the lookout for recertifications; if you need assistance completing the form, please call Robin. The 2022—23 season begins November 1, 2022.

ARE YOU OKAY?

This program is a daily telephone reassurance call offered by the Norfolk County Sheriff's Office. This life saving program is offered free of charge. For more information please call 1-866-900-7865.

SNAP

(Supplemental Nutrition Assistance Program), formerly Food Stamps, provides nutrition benefits to supplement the food budget of needy individuals and families so they can purchase healthy food and move toward self sufficiency. Please call Robin Tobin, 508-384-5425, if you are interested in applying for this program.

MEALS ON WHEELS PROGRAM

HESSCO Elder Services provides home-delivered meals to consumers who would otherwise have difficulty getting to one of the congregate meal sites. For those who are determined to be eligible, a hot meal can be delivered between the hours of 10:30 a.m. and 1:00 p.m. every day. Others with additional needs may be able to receive a frozen or weekend meal. Lunches are the same hot meals that are served at our meal sites. Breakfast meals are also available. Volunteer drivers bring all the meals to consumers homes. This person to person contact is also a good check on the consumers condition. Please contact Robin Tobin, Outreach Worker, for a referral at 508-384-5425 and/or HESSCO directly by calling 1-781-784-4944.

Medicare Open Enrollment—October 15—December 7, 2022

During this annual time frame, Medicare plan subscribers can reexamine their coverage—whether it's Original Medicare with supplemental drug coverage, or Medicare Advantage—and make changes or purchase new policies if you want to do so. If you have questions or wish to discuss plan options please call the Senior Center, 508-384-5425, to schedule a SHINE appointment.

OCTOBER CALENDAR

MON	TUES	WED	THURS	FRI
03 9:00 Walking Group 10:00 Games 1:00 Line Dancing 1:00 Veterans' Service Office Hour 3:00 Qi Gong	04 FLU CLINIC 11:00—1:00 2:00—5:00 No classes today	05 9:00 SHINE – Presentation 10:00 Knit/Crochet 12:00 Grab & Go 12:30 Exercise 2:00 RMV Real I.D. Workshop Franklin	06 9:00 Cribbage 10:00 Manicures/ Pedicures 11:00 Sit & Stretch 2:00 Floor Yoga	07 9:00 Grocery Shopping
10 HOLIDAY COLOMDUS DAY Senior Center is closed.	11 9:00 Errands 9:30 Painting 1:30 Chair Yoga	12 7:15 Turkey Train 10:00 Knit/Crochet 12:00 Grab & Go 12:30 Exercise	13 9:00 Cribbage 11:00 Sit & Stretch 1:00 Low Vision Group—Franklin 2:00 Floor Yoga 3:30 Book Group	14 9:00 Grocery Shopping
17 9:00 Walking Group 10:00 Games 1:00 Line Dancing 1:00 Veterans' Service Office Hour 3:00 Qi Gong	18 9:00 Target 9:30 Painting 1:30 Chair Yoga	19 9:00 SHINE 10:00 Knit/Crochet 11:30 Super Duos 12:00 Grab & Go 12:30 Exercise	20 9:00 Cribbage 10:00 Shredding/ St. Mary's Church* 11:00 Manicures/ Pedicures 11:00 Sit & Stretch	21 9:00 Grocery Shopping 10:00 Movie 12:00 Pizza
24 9:00 Walking Group 9:00 Podiatrist 10:00 Games 1:00 Line Dancing 1:00 Veterans' Service Office Hr. 3:00 Qi Gong	25 9:30 Painting 1:30 Chair Yoga 3:30 COA Meeting	26 9:00 SHINE 10:00 Knit/Crochet 12:00 Grab & Go 12:30 Exercise	27 9:00 Podiatrist 9:00 Cribbage 11:00 Sit & Stretch 2:00 Floor Yoga	28 9:00 Grocery Shopping
31 9:00 Walking Group 10:00 Games 1:00 Line Dancing 1:00 Veterans' Service Office Hour 3:00 Qi Gong			*Shredding Event, St. Mary's parking lot, 10:00 a.m.—1:00 p.m. Offered from the District Attorney's Office.	Sponsored by St. Mary's Senior Group. All Are Welcome



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.

6 MONTHLY EVENTS AT THE SENIOR CENTER

MANICURES/PEDICURES

Thursday, October 6 and 20, beginning at 10:00 a.m., by appointment only. Call the Center to make an appointment for this special treat!

FLU CLINIC

TUESDAY, OCTOBER 4

11:00 a.m.—1:00 p.m.

2:00 p.m.—5:00 p.m.

Registration should be done prior to the clinic. The link will be posted on the town website or COA website once available. Please bring your Medicare card with you. You **MUST** bring your insurance cards. Those without insurance are welcome, no fee charged.

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 LUNCH!

Friday, October 21.

Movie at 10:00 a.m., pizza lunch to follow. Pizza is \$4, payable at sign up. Please call by Wed., 10/19.

The movie is Lost City, starring Sandra Bullock. Join us for pizza, movie or both!

BOOK GROUP

THURSDAY, October 13 at 3:30p.m.

The book for discussion will be **Beautiful Country** by Qian Julie Wang. Beautiful Country, a literal translation for “America”, is a powerful story of a Chinese family struggling to not only survive but find its way despite pervasive poverty. Please call the Center to sign up.

PODIATRIST

The Podiatrist will be at the Senior Center on Monday, October 24 at 9:00 a.m., by appointment only.

SENIOR CENTER TRIP ANNOUNCEMENTS

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THANK YOU TO THE FRIENDS OF WRENTHAM SENIORS, INC. FOR PROVIDING A GRANT TO SUBSIDIZE 1/2 COST OF 2022 DAY TRIPS (UNTIL THE GRANT IS DEPLETED) TO ALL WRENTHAM SENIORS WHO WISH TO PARTICIPATE..



TURKEY, TRAINS & TUNES

WEDNESDAY, 10/12/22 \$115.00

In Meredith, NH we will have a leisurely 2 hour train ride aboard the Winnepesaukee Railroad around parts of Lake Winnepesaukee while enjoying a Roast Turkey Dinner from the famous Hart's Turkey Farm. (This is a BYOB trip). We then travel to the Winnepesaukee Playhouse for an awesome afternoon of music and singing by entertainer Marlena Phillips. Depart time is 7:15 a.m., returning home 5:30 p.m.

WAIT LIST ONLY

SUPER DUOS

WEDNESDAY, 10/19/22 \$74.00

Two veteran musicians, Pat Balder & Glen Everhart, bring a good dose of comedy along with delivering the great songs by the greatest musical duos of all time. Two voices are so often so much better than one. This is a drive on your own event to Lake Pearl, arriving no earlier than 11:30 a.m. Select lunch entrée of either Baked Stuffed Chicken or Vegetable Lasagna. Pay in full at sign up. No refund for canceling after 10/7.

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, French Fries and vegetables. Sit back after lunch and enjoy a few Bingo Games for cash prizes. A stop will be made at Wrights' Bakery before heading home.. Sign up now and pay in full no later than Wednesday, January 4, 2023.

A CHRISTMAS FOR CAROL

THURSDAY, 11/10/22 \$114.00

The fully renovated Newport Playhouse is back in business! The dinner theater is unique where in you enjoy a fabulous buffet; a wonderful play and a fun-filled Cabaret! The play, A Christmas for Carol, is an hilarious Christmas Comedic Farce! An overbearing co-worker is out of favor since she tends to take Christmas decorations, presents, etc., too far! Depart at 10:00 a.m. with an estimated return time of 5:30 p.m. Payment in full is required at sign up.

FEW SEATS REMAINING

THE BEAT GOES ON

WEDNESDAY, 11/16/22 \$101.00

Rated as the #1 Cher Tribute Show in the world! Cher impersonator (sing-alike, look-alike, walk-alike and talk-alike), Lisa McClowry will astound you with her "Cher" performance. Travel to Danversport Yacht Club, depart time TBA. Select either a Thanksgiving Dinner with all the fixings or Vegetable Lasagna at sign up. No refunds after 11/4/22.

NEW YEAR'S EVE AT NOON

SATURDAY, 12/31/2022 \$121.00

Celebrate with your friends aboard the Odyssey for a two hour cruise with a champagne toast, a countdown to noon, an entertaining DJ and a scrumptious buffet menu. Depart for Boston at 8:45 a.m., returning approximately 4:30 p.m., after a Boston Sightseeing of holiday lights! Sign up now and pay in full no later than 11/21/22. WAIT LIST ONLY.

**Friends of Wrentham
Senior Citizens, Inc.**

**400 Taunton Street
Wrentham, MA 02093**

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WRENTHAM SENIOR CENTER OCTOBER NEWSLETTER