



Shirley Council on Aging

Volume: 7

NEWSLETTER

Issue: 8

AUGUST 2015

Senior Center • 9 Parker Road • Shirley, MA 01464

Tel: 978-425-1390 • Fax 978-425-1392 • email: coa@shirley-ma.gov



At the Shirley Senior Center, our doors are open to all adults aged 60 and over. We serve young baby-boomers to those in their 90s and above. We seek to offer programming that reflects healthy aging, creativity and life enrichment.

From September 9th-November 18th, we will be offering the **Aging Mastery Program** on Wednesdays from 9:30-11 a.m. We are very fortunate to be one of the few COA's to have been selected and awarded grant funding for this unique program offering. This is a wonderful opportunity for older adults to participate in, and reap the benefits of this cutting edge wellness program.

The goal of AMP is to empower older adults to make and maintain small but impactful changes in health behaviors. The training sessions will explore navigating longer lives, physical activity, sleep, healthy eating and hydration, financial fitness, medication management, advanced planning, healthy relationships, falls prevention and community engagement. We will have local professional speakers, a checklist of potential next steps and a system for tracking behaviors. Participants will earn points for positive actions and rewards.

The AMP offers you a chance to take charge of your wellness. Forge your own pathway to better health, financial well-being and life enrichment. If you are interested in learning more about the program or signing up, call us today at **978-425-1390**. There is no cost for this program and space is limited.

Adventures in Art begins an eight week session August 4th with classes meeting each Tuesday at 1 p.m. No experience is necessary and art materials are available if you need them. Instructor: Joanne Boudreau. Cost: \$5 per class. **Please register** by calling 978-425-1390 or email: coadirector@shirley-ma.gov

Paint/Pizza Nite is August 11th at 4 p.m. Cost is \$10 and includes all paint materials, apron to protect clothing and pizza, beverage and dessert. Enjoy a creative and FUN evening with friends! You don't have to be an artist to join in the fun—anyone can do it. Please register by calling 978-425-1390 or email: coadirector@shirley-ma.gov

Join us Monday, August 24th at 8:30 a.m. for "**Cruisin' the Senior Center**" **Breakfast Car Show**. Eat a hearty breakfast and when you're finished, go outside and admire the classic cars courtesy of the Yankee Ingenuity T's car club and friends.

As always, feel free to stop in and say hello. I'd love to hear what we can do to make things better at your Senior Center. Hope to see you here soon!

Kathryn

Mission Statement of the Shirley Council on Aging:

“To serve the Seniors of Shirley with services that enhance their lives and provide for their needs.”

Council on Aging Staff and Members

DIRECTOR

Kathryn Becker

COUNCIL ON AGING

CHAIRMAN

Don Parker

VICE CHAIRMAN

Donald Reed

SECRETARY

Donald Reed

MEMBERS

MaryLou Clark

Joyce Patton

Barbara Lugin

Helen Kramer

Sandy Marcinkewicz

Joellen Sheehan

Tony Bucca

BOOKMOBILE

MaryLou Clark

CAFÉ

Nancy Siedliski, Ruth Halloran,

Viola Burnley, Pat Florio,

Shirley Deyo, Donna Brun

MEALS ON WHEELS

William Schold, Hilary Kelley,

Tom Hill, Elisabeth Dinning,

Bill Mercer, Jane Hallett

MEDICAL EQUIPMENT COORDINATOR

Nancy Siedliski

NEWSLETTER EDITOR

Doreen Quintiliani

SUNSHINE LADY

Joyce Patton

VAN DRIVERS

Bob Perry, Doug Perry

VAN DISPATCHER

Laurie Picinich

The Council meets the second Wednesday of each month at 1:00 pm at the Senior Center, 9 Parker Road. Meetings are open to the Public.

THANK YOU . . .

For your contributions, donations and volunteerism.

We appreciate your support.

We would not have Your Center without you!

Vendors:

Pepsi for water, Panera for bread and bagels, Hannaford for goodies, Mitrano Removal, Turf Logic, Mark Pinard Landscaping, Village Pizza, Groton Wellness Café, Wachusett Potato Chip Co., Tiny's Restaurant and Ayottes Farm

Our Bagel Team:

Jim Lanteigne, Bill Dow, Bob McBrine, Bob Perry, and Marcia Sullivan

Program Support:

Ron & Shirley Deyo, Don Parker, Jon Pender, John & Kay Tohline, Joyce Patton, Kendra Dumont, Chip Guercio, Pat Florio, Sally Hamel, Maria Owens, Elaine Quinty, Vi Burnley, Donna Brun, Nancy Siedliski, MaryLou Clark, Alice West, Carolyn and Charlie Waite, Sandy and Gene Wixom, Joe Nickerson, Rhoda Dow, and Patty Blodgett

Donations:

Tony Bucca, Al Dentino, Marion Wood, Joyce Patton, June Vessey, Kathy Daley, Sandy and Gene Wixom, Christine Saball, Bob McBrine and Donna Brun

Thanks to all who have given donations to support the Center's continuation of programs and activities.

Newsletter:

Cyndi Furman, Kathryn Becker, and Doreen Quintiliani

Café Wish List

The Senior Center is a Green Operation
Recyclable Donations Please



- ◆ Chinet paper plates (large size)
- ◆ Coffee (regular)

**VOLUNTEERS NEEDED!
NO EXPERIENCE NEEDED!**

LUNCH: On the third Wednesday of each month, help needed with set-up, serving and clean-up

Angels on Wheels volunteer needed: No set schedule, call for info. Mileage stipend available.

Call 978-425-1390 and leave your name and telephone number, or, even better....Stop in at the Senior Center!

AGING MASTERY PROGRAM



Live well. Do well. Age well.

The Shirley Council on Aging is proud to participate in the Aging Mastery Program.

We are recruiting 30 adults (ages 60+) to participate in this 12-week educational program. A free delicious breakfast will be served weekly.

When: Wednesdays beginning September 9th

Where: Shirley Council on Aging

Time: 9:30 a.m.

**For more information or to sign up, call or email:
978-425-1390 or coordinator@shirley-ma.gov**

The Aging Mastery Program is designed to provide rewards to encourage participants to challenge themselves to take steps necessary to improve their health and live a better life. Participants will earn points for partaking in the eight focus areas of healthy living and bonus points for reinforcing the learning with additional activities. *Points will be redeemed for rewards!*

AMP
AGING | MASTERY | PROGRAM.

**Bob Steiner Announced
Best Senior Scrabble Player in Shirley!**



Winner, Bob Steiner gazes happily at his wife Kate White, who also happened to be his competitor in the final round of this year's tournament. Three years ago, they were also the last two standing and the situation was reversed - and it was Kate who won the day.

After an exciting four-week Scrabble Tournament, Bob Steiner emerged victorious by overcoming Kate White, who is also his wife, with a combined game score of 725-609.

The Senior Center tournament started with eight strong players, who were whittled down to the two finalists. Some of the matches were very close, such as the one between John King and Kate White which Kate took by a margin of 3 points. All games were fun for both players and spectators alike.

Special thanks to COA Chair, Don Parker, for judging the contest and to Deven's Grille for donating the \$25 gift card to the winner.

Senior Information Series

Monday, August 10th - 10:00 AM



Join us for a brainstorming session as we gather ideas for future development of the Senior Center back yard.

Let us know what kind of outdoor activities you're interested in having here at the Senior Center and we will compile a list of suggestions. We value your input!



Nashoba Nursing Service & Hospice
Nashoba Associated Boards of Health
Your COMMUNITY, Your CHOICE Since 1931

Blood Pressure Clinic
Thursday, August 13th 9:30-10:30 a.m.

Shirley Senior Center Transportation

MART Van

The Shirley COA has transportation available for doctors' appointments and local shopping. The MART Van runs Monday through Friday from 8 a.m. to 4 p.m. Please give 48 hours' notice when requesting rides, so that we may meet your needs. Call 978-425-1390 for reservations.

Shopping trips are as follows:

Tuesdays: Searstown Plaza in Leominster
(The Mall at Whitney Field)

Thursdays: Week 1: Target
Week 2: Walmart/Aldi
Week 3: Barnes and Noble
Week 4: Twin City Plaza
Week 5: Walmart

Fridays: Week 1: Loaves and Fishes
Week 2: Idylwilde Farms
Week 3: Loaves and Fishes
Week 4: Idylwilde Farms
Week 5: Loaves and Fishes

Pick ups for Loaves and Fishes are at 8 a.m.; return at 11:30

Pick ups for Idylwilde Farms are at 10 a.m.; return at 11:45



Senior Lunch
Wednesday
August 19th
11:30 a.m.

At the Grill:
Shirley Police Department
Thank You to our Co-Sponsors
Sen. Jamie Eldridge
Rep. Jen Benson

Cost: \$3.00 *No reservations necessary*

DON'T FORGET!

Senior Lunch ~ Wednesday, August 19th ~ 11:30a.m. Guest Chefs: Shirley Police
Senior Breakfast & Car Show ~ Monday, August 24th ~ 8:30a.m.

VETERANS' CORNER

...from Mike Detillion,

Shirley Veterans' Officer



The Veterans' Officer is available at any time to aid your efforts to enter into the VA Health Care system or pension system.

For an appointment:

Call: 978-425-2600 x280

Appointments: Anytime

**Office Hours: Monday evenings
5:00 – 7:00 p.m.
at the Town Office Building**

Benefits: All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter assistance, and burial assistance.



*Paint
and
Pizza
Night!*

Tuesday, August 11th, 4-7 p.m.

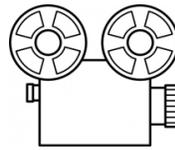
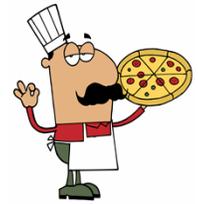
Enjoy a creative and FUN evening with friends! You don't have to be an artist to join in the fun—anyone can do it.

No artistic experience is necessary. Emily from "Paint Social" will guide and assist you throughout the process.

We'll paint for awhile, break for pizza while they dry a little and go back to finish up. Cost is \$10 and includes all paint materials, apron to protect your clothing, and pizza, beverage and dessert.

Space is limited so register today at 978-425-1390 or coadirector@shirley-ma.gov

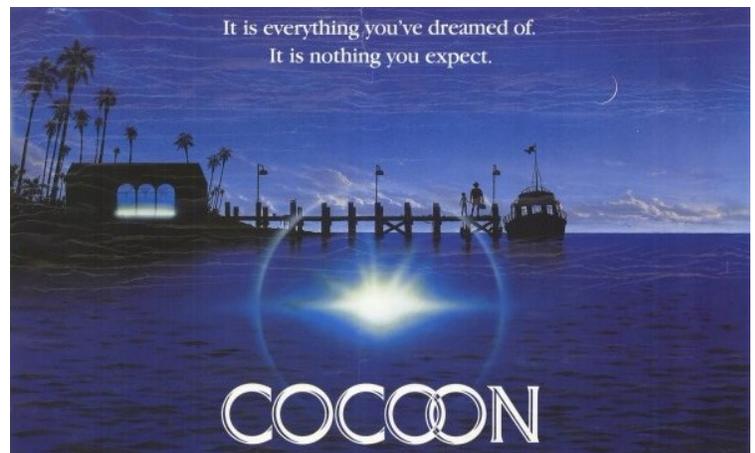
**Pizza & a Movie
@ Your Senior Center**



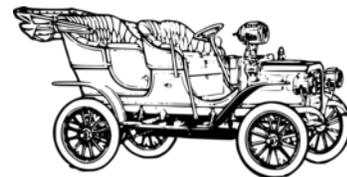
**August 5th
11 am
"COCCON"**

Starring: Don Ameche, Wilford Brimley, Hume Cronyn, Brian Dennehy and Jessica Tandy

Celebrate the 30th anniversary of **Ron Howard's** film by watching this Oscar-winning gem once again. When a group of trespassing seniors swim in a pool containing alien cocoons, they find themselves energized with youthful vigor.



**"Cruisin' the Senior Center"
Breakfast Car Show**



**Monday, August 24th
8:30-10 AM**

Join us for a hearty breakfast cooked by Chef Chip Guercio featuring Western Scrambled Eggs or Plain, Texas Toast French Toast, Sausage, Home Fries, English Muffin, Juice and Coffee, all for **\$2.00**. When you're finished eating, go outside and admire the classic cars courtesy of the Yankee Ingenuity T's car club and friends.

Rain date August 31st.



Many thanks to Gardener's Exchange volunteers Carol Poladian and Rae Price for doing a great job cleaning and mulching flower beds at the Senior Center. Thank you for your time and effort!



**Bemis
Volunteers
Hard at Work**



Bemis employees Andrew Hobbs and Brad Antunes once again volunteered their time in July to work at the Shirley Senior Center. Aided by Senior Center volunteer Ray Gagnon, they spent time during one of summer's hottest, most humid weeks, cleaning the cellar, doing yard work and beautifying the area around the Center by removing weeds and soil and replacing it with stone from Pinard's of Ayer. We thank you!



Meals on Wheels

We deliver smilesSM

HELP WANTED

Meals on Wheels Driver

Urgently Needed

Volunteer Position

Wednesdays 11:30-1 p.m.

Drivers deliver nutritious meals to homebound seniors each day along with a friendly "hello".

The Meals on Wheels program is an opportunity to serve your community as an individual, couple, with a family member or friend. Delivering meals also allows for local businesses, community groups, or churches to get involved by adopting a route and scheduling members to deliver on that day each week.

This is truly a 'feel good' opportunity. Please call us if you can make the time to help. Mileage stipend available.

978-425-1390

or coordinator@shirley-ma.gov

Adventures in Art

Adventures in Art is an art class where the emphasis is on self expression and trying new ideas and techniques in painting and drawing. We will start by covering the basics of watercolor and then explore new ways to use this versatile medium.



No experience is necessary! This class is open to all levels and there will be enough adventure for even the seasoned painter. If you don't have art materials, they will be supplied.

Eight week session begins August 4th

Tuesdays at 1 p.m.

Instructor: Joanne Boudreau

Cost: \$5.00 per class/\$40 session



**Outdoor Summer
Concert Schedule**

Aug. 14 **The Bel-Airs**
50's Doo-wop vocalists

Aug. 28 **Beatles for Sale**
Beatles tribute band

*All concerts are held at the Shirley Center Common.
Food opens at 6 p.m. and music begins at 6:30 p.m.*

Café Open Monday - Thursday
from 9 AM to Noon

August 2015

Shirley COA

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|--|---|--|---------------------|----------|
| 2 | 3 | 4 9:30-12 Bridge/Dominos 1:00 Adventures in Art 1:00 "Let's Talk" Discussion Group 5:00 Senior Fitness | 5 8:30 Senior Fitness 9-11 Creativity Time 11:00 Pizza & A Movie "Cocoon" 1:30 Bingo | 6 9-10 Chair Yoga 1:30 Rummikub | 7 Closed | 8 |
| 9 | 10 10:00 SENIOR INFO 11-12 Qigong 1-4 Card Game Time | 11 9:30-12 Bridge/Dominos 1:00 Adventures in Art 4:00 Paint Night 5:00 Senior Fitness | 12 8:30 Senior Fitness 9-11 Creativity Time 1:00 COA Meeting | 13 9-10 Chair Yoga 9:30-10:30 Blood Pressure | 14 Closed | 15 |
| 16 | 17 11-12 Qigong 1-4 Card Game Time | 18 9:30-12 Bridge/Dominos 1:00 Adventures in Art 1:00 "Let's Talk" Discussion Group 5:00 Senior Fitness | 19 8:30 Senior Fitness 9-11 Creativity Time 11:30 SENIOR LUNCH 1:30 Bingo | 20 9-10 Chair Yoga 9:00 SHINE 1:30 Rummikub | 21 Closed | 22 |
| 23 | 24 8:30 Senior Breakfast & Car Show 11-12 Qigong 1-4 Card Game Time | 25 9:30-12 Bridge/Dominos 1:00 Adventures in Art 5:00 Senior Fitness | 26 8:30 Senior Fitness 9-11 Creativity Time 1:30 Bingo | 27 9-10 Chair Yoga | 28 Closed | 29 |
| 30 | 31 11-12 Qigong 1-4 Card Game Time | | <i>For a SHINE Appointment Call</i> 978-425-1390 | DROP IN CAFÉ MONDAY - THURSDAY 9 AM TO NOON | Closed | |