



Shirley Council on Aging

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NEWSLETTER SEPTEMBER 2015

Issue: 9

Senior Center • 9 Parker Road • Shirley, MA 01464

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



Celebrate Your Senior Center! During National Senior Center Month

September is National Senior Center Month and what better way to celebrate than by bringing new friends in for lunch, a class or for assistance. To make it doubly rewarding, we will give both you and your friend a ticket for a free Senior Center Lunch or Breakfast held on the third Wednesday and fourth Monday of each month. So, during the month of September bring a friend to your next Yoga, Qi Gong, or other class or activity that you already enjoy (introductory class is free!). Then on your next visit the two of you can have a delicious meal on us. Who says there's no such thing as a free lunch!

Lots of activities back after summer hiatus: **Bowling** starts up Sept. 28 for the Monday group and Oct 1 for the Thursday group. Look for the **Bowling Barbeque** on Thursday, Sept. 24th at 11:30 a.m. **Yoga** is back on Sept. 17 after taking a few weeks off. **Kendra** is back on schedule doing manicures the first and third Tuesdays at 9 a.m. starting Sept. 1st. Thank you Kendra, you were missed!



It's hard to believe that the heating season is almost here, but those who have received **Fuel Assistance** in the past are already receiving their renewals in the mail. If you would like to apply for Fuel Assistance, **New England Farm Workers' Council representatives** will be here at the Senior Center in October to help you apply. You must make an appointment by calling us at 978-425-1390.

As always, I invite you to stop by and say hello—my door is always open and I want to hear what else we can do to serve you better. Hope to see you here soon!

Kathryn

Have You Signed-Up Yet? Aging Mastery Program begins September 9th

The Shirley Senior Center is fortunate to present **The Aging Mastery Program**, through a grant awarded by the MCOA. The Aging Mastery Program® (AMP) aims to help millions of older adults take key steps to improve their well-being. Built on the pillars of actionable goals, sustainable behaviors, clear incentives, and peer support, this self-paced program enables participants to set their own goals and create their own personal plan for aging well. Join us for this 12-week program, **Wednesdays from 9-11 a.m.** (includes a light, healthy breakfast) and hear from local professionals on topics from healthy eating to a good night's sleep.

There are a limited number of seats available and each participant will be awarded for attendance and participation. There is no cost for this program. *Forge your own pathway to better health, financial well-being and life enrichment.* **Register today at 978-425-1390 or coadirector@shirley-ma.gov**

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

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Kathryn Becker

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Donald Reed

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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:

Joe Landry, Charlie Church, Gerlinde Raynor, Christine Saball, Al Dentino, Joyce Patton, Tony Bucca

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.

NEWS FROM SHINE

Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2016.

During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have.

Call early to get a SHINE appointment during Open Enrollment!
Our SHINE Counselor will be available by appointment on October 15th and November 19th
Call us at 978-425-1390

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org



August's Grill Masters!

Heartfelt thanks to all those who helped to make our August barbeque such a success! Special gratitude to our grill masters—Shirley Police Department members: Chief Thomas Goulden, Sgt. Peter Violette, Officer Matthew O'Sullivan and Officer David Lange - who served up juicy cheeseburgers and tasty hot dogs; Sen. Jamie Eldridge and Rep. Jen Benson for co-sponsoring the event; and to our volunteers: Marcia Sullivan, Joyce Patton, Joe Nickerson, and Ray Gagnon for helping with set-up, serving and clean-up. Thank you to Carolyn Schold and Bob Perry for jumping in when needed. We couldn't have done it without you all!



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



Mon., Sept. 28th
10 a.m.-1 p.m.

Please bring your Medicare and insurance cards



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

Blood Pressure Clinic
Thursday, September 10th 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

DON'T FORGET!

Senior Lunch ~ Wednesday, September 16th ~ 11:30a.m. Nashoba Tech

Senior Breakfast ~ Monday, September 28th ~ 8:30a.m.

VETERANS' CORNER

*...from Mike Detillion,
Shirley Veterans' Officer*



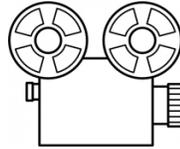
The Veterans' Officer is available at any time to aid your efforts to enter into the VA Health Care system or pension system.

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.

Pizza & a Movie @ Your Senior Center



**September 2nd
11 am**

\$2.00

“The Second Best Exotic Marigold Hotel”

Director: John Madden

Starring:

Judi Dench, Maggie Smith, Bill Nighy, Richard Gere

As the Best Exotic Marigold Hotel has only a single remaining vacancy - posing a rooming predicament for two fresh arrivals - Sonny pursues his expansionist dream of opening a second hotel.



Calling All Bowlers!

Annual Bowling Barbeque

Thursday, September 24th
11:30 a.m.

Wii Bowling

Fall Session begins soon!
Mondays: Sept. 28th at 12:15
Thursdays: Oct. 1 at 10 a.m.
Please call the Senior Center if you'd like to join! 978-425-1390



Manicures with Kendra are Back
First and third Tuesdays
9 AM - Noon



Senior Lunch By Nashoba Tech Sept. 16th at Noon

Choice of:

BRAISED BEEF WITH ONIONS,
PEPPERS AND A RICH
BURGUNDY WINE SAUCE

OR

BAKED SOLE FLORENTINE

All served with salad, rolls, potato, vegetable, dessert and coffee

\$10.00 plus \$2.00 suggested tip

**Call TODAY to reserve your seat
at 978-425-1390**



Outside the Lines

Coloring Group

Remember how much fun it was to color when we were kids? Well, it still is! Join us for some afternoons of fun and relaxation with friends at the Shirley Senior Center.

All of the materials will be provided.

If there's interest, we could meet regularly

4-week session begins October 20th
Tuesdays from 1:30-3 p.m.

No cost

REGISTER at 978-425-1390
or coadirector@shirley-ma.gov

The repetitive motion of coloring can be a meditative experience. If you've been busy going from one task to the next, coloring can press the re-set button for your brain and be calming and reduce stress, all while giving you a creative and fun outlet. Adults need play too!



DRIVER NEEDED

To Deliver Meals on Wheels
Opening for Tuesday OR Wednesday
11:30 a.m. for about an hour

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 by yourself, as a couple, or 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 coadirector@shirley-ma.gov



"Cruisin' the Senior Center"

The weather was a little damp, but cleared in time for some of the members of the Yankee Ingenuity T Club to parade their antique vehicles at the Senior Center for us to admire. Thank you to **Leny Smith** and the other members who stopped by and to **Chef Chip Guercio** for cooking a fantastic breakfast for 84 seniors (a new record!) And thank you to all our volunteers who helped with shopping, set-up, serving, cooking and clean-up.

Paint Night!

About a dozen seniors participated in our first Paint/Pizza night at the Shirley Senior Center in August. Some had never picked up a paint brush before, but as you can see, what a talented bunch of artists they are. It was a fun night by all accounts, and we can't wait to do it again! Thank you to Emily Long of Paint Social for her expert guidance and making this such a fun experience!

Café Open Mon. - Tues. - Thurs.
from 9 AM to Noon

September 2015

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DROP IN CAFÉ Mon. / Tues. / Thurs. 9 AM TO NOON	1 9-12 Nails with Kendra 9:30-12 Bridge/Dominos 1:00 Adventures in Art 1:00 "Let's Talk" Discussion Group	2 8:30 Senior Fitness 9-11 Creativity Time 11:00 Pizza & A Movie "Second Best Exotic Marigold" 1:30 Bingo	3 1:30 Rummikub	4 Closed	5
6	7 CLOSED Labor Day	8 9:30-12 Bridge/Dominos 1:00 Adventures in Art	9 8:30 Senior Fitness 9-11 Creativity Time 9-11 Aging Mastery Program 1:00 COA Meeting	10 9:30-10:30 Blood Pressure	11 Closed	12
13	14 11-12 Qigong 1-4 Card Game Time	15 9-12 Nails with Kendra 9:30-12 Bridge/Dominos 1:00 Adventures in Art 1:00 "Let's Talk" Discussion Group	16 8:30 Senior Fitness 9-11 Creativity Time 9-11 Aging Mastery Program 11:30 SENIOR LUNCH NASHOBA TECH 1:30 Bingo	17 9-10 Chair Yoga 1:30 Rummikub	18 Closed	19
20	21 11-12 Qigong 1-4 Card Game Time	22 9:30-12 Bridge/Dominos 1:00 Adventures in Art 1:00 Friends Meeting	23 8:30 Senior Fitness 9-11 Creativity Time 9-11 Aging Mastery Program 1:30 Bingo	24 9-10 Chair Yoga 11:30 Bowling Barbeque	25 Closed	26
27	28 8:30 Senior Breakfast 10-1 Flu Clinic 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	29 9:30-12 Bridge/Dominos 1:00 Adventures in Art	30 8:30 Senior Fitness 9-11 Creativity Time 9-11 Aging Mastery Program	For a SHINE Appointment Oct 15 or Nov. 19 Call 978-425-1390	Closed	