

Wrentham

COUNCIL ON AGING



LOOKING AHEAD

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.—1:30 p.m.

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

Lou Poncia

Van Driver

Marc Wilson

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
- Wayne Burt—Secretary
- Nancy Mure
- Ann Smith
- Robert Ayres
- Judy Simonds

The Senior Center and the COA would like to acknowledge the grants we receive from the Friends of Wrentham Seniors and the Sweatt Fund, which allow the Senior Center to provide the activities, classes, trips and events held at the Center at a minimal cost to our senior population. Thank you!

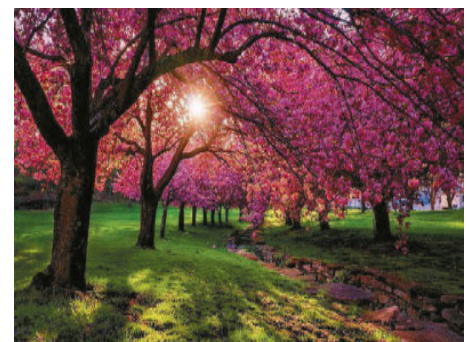
PLEASE REMEMBER TO SIGN IN ON MYSENIORCENTER!

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.

I wish to extend a big Thank You to the Staff, Volunteers and Instructors we have here at the Senior Center. Without all of you, we would not be the active, busy and caring place we are with a great variety of events and classes for people to participate in!

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WEEKLY CLASSES & ACTIVITIES

2

MONDAY

HIKING GROUP

9:00 A.M., MEETS IN THE SENIOR CENTER PARKING LOT. MODERATE WALKING THRU THE TRAILS OF THE TOWN FOREST. SOME WINDING AND HILLY TERRAIN.

SHINE

9:00 A.M.—12:00 NOON

OUR VOLUNTEER SHINE COUNSELOR WILL BE AVAILABLE ON MONDAYS BY APPOINTMENT ONLY. PLEASE CALL FOR AN APPOINTMENT.

GAMES

10:00 A.M.—12 NOON

COME IN AND JOIN A FUN GROUP. VARIOUS GAMES ARE PLAYED, LET US KNOW WHAT GAMES YOU WOULD LIKE TO PLAY!

LINE DANCING

1:00 P.M.—2:00 P.M.

COST: \$2

ENJOY GREAT EXERCISE WHILE LEARNING THE LATEST LINE DANCES!

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. ALL ARE WELCOME!

YMCA EXERCISE CLASS

12 Noon—1:00 P.M.

COST: \$2

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

WEDNESDAY

BEGINNER MAH JONG

9:30 A.M.—11:30 A.M.

FOR PEOPLE WHO WANT TO PLAY AT A SLOWER PACE THAN ADVANCED PLAYERS.

KNITTING & CROCHET

10:00 A.M.

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

GENTLE WALKING

11:30 A.M., MEETS IN THE SENIOR CENTER PARKING LOT. WE WILL STAY ON LEVEL GROUND NEAR THE CENTER. EACH PERSON WILL FIND THEIR OWN PACE. A GREAT WAY TO INCREASE ENERGY, LOWER BLOOD PRESSURE AND REDUCE STRESS!

THURSDAY

CHAIR YOGA

9:30 A.M.—10:30 A.M.

COST: \$2

INCREASE STRENGTH & FLEXIBILITY IN THE COMFORT OF A CHAIR. REDUCE STRESS & JOINT STIFFNESS & BOOST YOUR MOOD!

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.

DISCUSSION GROUP

1:00 P.M.—2:00 P.M.

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.

MONTHLY EVENTS AT THE SENIOR CENTER

3

DRUMS ALIVE, Tues., May 7 @ 1:00 p.m., \$3

It is a fun, high energy class combining movement and music with the power of drumming. It is very inclusive, you can do it either sitting or standing. The class uses large yoga balls on top of buckets with drum sticks to hit the beat to music.

MANICURES/PEDICURES—Thursday, May 2 & 16, by appointment only. Call the Center at 508-384-5425 to make an appointment.

CHAIR MASSAGE

The Senior Center offers monthly chair massages with LMT Joanne O'Brien! Chair Massages are on Tuesday, May 21, starting at 10:00 a.m. The cost of the massage is \$1.00 per minute with a maximum of 20 minutes; gratuity is optional. Call 508-384-5425. Appointments fill up fast!!

BOOK GROUP

Thursday May 9 at 3:30p.m. The May book selection is Inheritance, by Dani Shapiro. A memoir of connection and loss, the meaning of heritage and family. Shapiro is a memoirist and fiction writer as well as a creative writing professor. She chronicles her journey of discovery at the age of 54 that her Dad is not her biological father. This very poignant and heartfelt memoir shines a light on the impact of DNA tracking on family history. Please call the Senior Center at 508-384-5425 to sign up for the group.

Vital sign screenings and confidential health consultations with the public health nurses. Call 508-384-54855 to make an appointment.



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Wrentham Council on Aging, Wrentham, MA

06-5380



Memorial Day is on *Monday, May 27th, 2024*. It was first observed on May 30, 1868, and for decades on that date after Gen. John A. Logan, the leader of the Grand Army of the Republic for Northern Civil War veterans, had called for a nationwide day of remembrance.

The Senior Center and the Meals on Wheels Program will be closed on Memorial Day. Memorial Day Service details to follow... please call the senior center and/ or visit the Town of Wrentham website: <https://www.wrentham.gov/>



Let's Welcome Our New Veterans' Agent, Melissa Bingham! Please join us on Thursday, May 30 at 12:30 p.m. to meet and greet Melissa as well as enjoy some Ice Cream!

Bingham began her new role on Monday, March 25. Bingham will provide support to veterans and their families in the North Attleborough, Plainville and Wrentham communities. She succeeds Veterans Agent Stephen Travers who retired from the position. Bingham previously served as the Director of Veterans Services for the Towns of Walpole and Medfield. In this role, she was responsible for assisting veterans and their surviving spouses with applying for both state and federal benefits, obtaining copies of military records and applying for discharge upgrades or records corrections. She's also credited with establishing a coffee and conversation group in Medfield and a monthly Feed the Soul music class for veterans at the Walpole Senior Center. She served in the U.S. Army as a Chemicals Operations Specialist from 2003-2007. She then went on to receive an associate's degree from Bristol Community College and a bachelor's degree in human services from Northeastern University. She's currently pursuing a master's degree in healthcare administration from Southern New Hampshire University as well.



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, May 8 @ 1:00 p.m. at the Wrentham Senior Center! If you are a Caregiver and in need of support please call the Center and reserve your name.



Memory Café Wrentham. The Café will resume on Tuesday, May 28 at 2:00 p.m.

The Wrentham Senior Center in collaboration with the Town Nurses will now offer a monthly Memory Café! A memory café is a welcoming gathering place for people with forgetfulness or other changes in their thinking and for their family, friends, and caretakers. Memory cafés are happening all over Massachusetts. Each memory café is unique; for example some cafés invite guest artists, some offer education about memory changes, and some are just for relaxing and chatting. The goal of the Memory Café's is to help guests feel comfortable and to know that they are not alone. Cafés are a place to talk with others who understand what you are going through, to forget about limitations and instead focus on strengths, to enjoy other's company, and to explore something new. The Memory Café will be held on the 4th Tuesday of each month from 2:00pm-3:00pm. Café's meet monthly for about 1 hour and there is no cost to attend. Call the Wrentham Senior Center, 508-384-5425 to register!

Next Legal Clinic will take place Monday, June 24, from 1:00-3:00pm. MetroWest Legal Services through its Senior Citizen's Legal Project, MWLS provides legal services to individuals 60 years and over living in Wrentham as well as other communities in their service area. MWLS advocates help clients with the following: Housing, Benefits, Bankruptcies and Consumer, Nursing Home, Elder Abuse and Restraining Orders, Limited Family Law matters including Divorces and Contempt actions, Durable Powers of Attorney and Health Care Proxies. Through MWLS Private Bar Involvement (PBI) Program, local private attorneys volunteer their services to assist MWLS clients with simple Wills. Clinics will take place at the Wrentham Senior Center every other month with Attorney, Vera Ochea. The consultations are FREE and typically last 20 minutes. Please call the Wrentham Senior Center, 508-384-5425, to reserve.

Good Neighbor Energy Fund (GNEF):

The Massachusetts Good Neighbor Energy Fund is available to any Mass. 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, call Robin Tobin, 508-384-5425 for program criteria and eligibility.

LIHEAP (Low Income Home Energy Assistance Program). The 2023-2024 LIHEAP Season has been extended until **MAY 10**. This Program helps keep seniors as well as families safe and warm through the winter months by assisting with high 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.

Medical Equipment Reminder!

If you no longer need the equipment borrowed from the Senior Center please return the equipment to our Public Health Nurse's Office located at Town Hall, 79 South Street, Wrentham, 1st floor. 508-384-5485.



Wrentham Senior Center Lifeline Program

Through grant funding from the Friends of the Wrentham Seniors there is a limited opportunity to qualify for a **free** Lifeline service. Senior must meet income criteria as well as not be a recipient of HESSCO Elder Services. Please call Janet Angelico, 508-384-5425 for further information.

ELDER ABUSE HOTLINE—ELDER ABUSE REPORTS CAN BE FILED 24 HOURS A DAY, ONLINE <https://hssmaprod.wellsky.com/intake/> OR BY PHONE: (800) 922-2275

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Lions Club Resource!

MASSACHUSETTS Lions Eye Research Fund (MLERF) seeking 2nd Medical Opinions through their MLERF Institutional Partners

The Lions Eye Research Fund (MLERF) has established connections with some of the world's leading eye research institutions in Boston in which allows Lions and their friends to access facilities such as Massachusetts Eye & Ear. This is on an expedited basis for emergencies and a second opinion (eg, local optometrist is recommending surgery or new eye meds), or a local optometrist or ophthalmologist cannot help. Please contact Robin Tobin, Outreach Worker, for literature and referral to the MLERF Program.



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.



The Wheels on the Bus go Round and Round!!!! FREE Senior Center Transportation!!!!

Wrentham Seniors who are in need of local transportation are *welcome* to utilize *our* very own Senior Center Gatra Bus and/or Senior Center Car! We operate Monday through Friday 9:00am-2:00pm. We are happy to transport you around Town as well as locally to the senior center, town hall, post office, medical appointments, hair dresser, barber, nail salon, you name it! Please call **508-384-5425** to schedule your ride! We encourage you to schedule your medical appointments in the morning for easier ride accommodations! Rides are **FREE** and wheelchair accessible!

Wrentham Senior Center Bus Schedule:

Monday: Local medical appointments, Senior Center Programs & Errands

Tuesday: Local medical appointments, Senior Center Programs, Errands & Special Shopping Trips, Voting on 4/1/24

Wednesday: Local medical appointments, Senior Center Programs & Errands

Thursday: Local medical appointments, Senior Center Programs & Errands

Friday: Grocery Shopping to Plainville Stop & Shop

Transportation continued....

Aside from the Senior Center transportation program we also have available an array of outside transportations resources including GATRA and their Miles for Health Program as well as Gatra GO, HESSCO Title III-B Grant, RSVP Ride for Veterans, Road to Recovery Program, Mass Health PT-1 to name a few! Please call Robin Tobin, Outreach Worker, 508-384-5425 for further information about accessing these resources.

Massachusetts Behavioral Health Help Line (BHHL)

The Behavioral Health Help Line (BHHL) is available 24/7, 365 days per year and is available for all residents of Massachusetts. Call or text 833-773-2445. Visit the website to chat online @ masshelpline.com. The Behavioral Health Help Line (BHHL) connects individuals and families to the full range of treatment services for mental health and substance use offered in Massachusetts, including outpatient, urgent, and immediate crisis care. **Call** for real-time support, initial clinical assessment, and connection to the right evaluation and treatment.

MAY CALENDAR

MON	TUES	WED	THURS	FRI
		01	02	03
		9:00 Podiatrist by Appointment Only 9:30 Beginner Mah Jong 10:00 Knit/Crochet 11:30 Gentle Walking	9:30 Chair Yoga 10:00 Manicures/Pedicures 11:00 Sit & Stretch 1:00 Discussion Group 2:00 Floor Yoga	9:00 Grocery Shopping
06	07	08	09	10
9:00 Hiking Group 9:00 SHINE 10:00 Games 1:00 Line Dancing 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 12:00 Exercise 1:30 Drums Alive!	9:30 Begin Mah Jong 10:00 Knit/Crochet 11:30 Gentle Walking 1:00 Caregivers' Support Group	9:30 Chair Yoga 11:00 Sit & Stretch 12:30 Elder Law Clinic 1:00 Discussion Group 2:00 Floor Yoga 3:30 Book Group	9:00 Grocery Shopping
13	14	15	16	17
9:00 Hiking Group 9:00 SHINE 10:00 Games 3:00 Qi Gong	9:00 Mobsters & Lobsters Trolley 9:30 Painting 9:30 Cribbage 11:00 Low Vision at the Franklin Senior Center 12:00 Exercise	9:30 Beginner Mah Jong 10:00 Knit/Crochet 11:30 Gentle Walking 12:00 Grab & Go 1:00 Reminiscence Program with Home Instead	9:30 Chair Yoga 10:00 Manicures/Pedicures 11:00 Sit & Stretch 1:00 Discussion Group 2:00 Floor Yoga	9:00 Grocery Shopping
20	21	22	23	24
9:00 Hiking Group 9:00 SHINE 10:00 Games 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 10:00 Chair Massage 12:00 Exercise	11:00 Ricky Nelson Remembered 11:30 Gentle Walking 12:30 Pizza & Movie, "Gerry & Marge Go Large"	9:30 Chair Yoga 11:00 Sit & Stretch 1:00 Discussion Group 2:00 Floor Yoga	9:00 Grocery Shopping
27	28	29	30	31
HOLIDAY - MEMORIAL DAY	9:30 Painting 9:30 Cribbage 12:00 Exercise 2:00 Memory Cafe	9:30 Beginner Mah Jong 10:00 Knit/Crochet 11:30 New! Gentle Walking	9:30 Chair Yoga 11:00 Sit & Stretch 12:30 Meet & Greet Veterans' Agent—Ice Cream! 1:00 Discussion Group 2:00 Floor Yoga	9:00 Grocery Shopping

SENIOR CENTER TRIP ANNOUNCEMENTS

WE THANK THE FRIENDS OF WRENTHAM SENIOR CITIZENS, INC., FOR PROVIDING A 2024 GRANT TO WRENTHAM SENIORS THAT WILL PAY FOR 1/2 THE COST OF DAY TRIPS IN 2024 UP UNTIL THE TIME THE GRANT IS DEPLETED.

MOBSTERS & LOBSTERS TROLLEY TOUR

TUESDAY, 5/14/2024.....\$171.00

No space currently available for this trip.

RICKY NELSON REMEMBERED

WEDNESDAY, 5/22/2024.....\$89.00

This tribute to Ricky Nelson will be performed by his identical twin sons, Matthew and Gunner Nelson. There will be never before seen big screen video footage of the Nelson family. This is a drive on your own to Lake Pearl, arriving no earlier than 11:00. Select entrée of either chicken picatta or vegetarian lasagna. Pay in full at sign up.

ROLLING STONES TRIBUTE SHOW

WEDNESDAY, 6/19/2024.....\$89.00

Considered to be the #1 International touring Rolling Stones Tribute Show. This is a drive on your own to Lake Pearl, arriving no earlier than 11:00 a.m. Select lunch entrée of either Chicken Parmesan or Pasta Primavera at sign up. Pay in full no later than 5/16/24. No refunds after 5/19/24

JIMMY BUFFET TRIBUTE SHOW

MONDAY, 7/15/2024\$137.00

This show is the most requested Jimmy Buffet Tribute band in the country! Grab your virtual “beach chair and sun tan oil” and join us as we travel to Foster’s Clambake Restaurant in York, Maine. Meal selection is either a traditional Maine Lobster bake or 1/2 a BBQ Chicken. Depart time TBA. WAIT LIST ONLY!

CORVETTES

WEDNESDAY, 8/7/2024.....\$89.00

The Corvettes Doo Wop Revue is dedicated to preserving and performing the greatest music ever made—the music of the 1950’s! Join us at Lake Pearl (drive on your own), and arrive no earlier than 11:00 a.m. Select lunch entrée of Chicken Piccata or Wild Mushroom Risotto at sign up. Pay in Full at sign up, no refunds for canceling after 7/6.

JOURNEY THROUGH THE DECADES

WEDNESDAY, 8/14/2024.....\$131.00

The Best of the 50’s, 60’s & 70’s will be brought to you by Aidan Keene and Don Who. Don has been entertaining audiences for over 40 years and Aidan is an up and coming young performer with an “Old Soul” for the Classic Icons of Rock & Roll. We travel to Foster’s in York, Maine for a delicious Lobster Bake (or BBQ Chicken) with all the fixings. Depart time is 9:30 a.m., with an estimate return of 5:30 p.m. Sign up now and pay in full no later than Monday, 7/15/24. No refund after 8/2/24.

HAPPY 2 GATHER

WEDNESDAY, 9/18/2024.....\$89.00

One of the cruise industries most requested acts, JOZAY & PATTI, will bring you back to the sixties with their headline show “HAPPY 2 GATHER” featuring songs of the most beloved artists of the sixties. This is a drive on your own to Lake Pearl, arriving no earlier than 11:00 a.m. Lunch entrée is either Baked Stuffed Chicken or Vegetarian Lasagna. Sign up and pay in full no later than Fri., 8/16/24. No refund thereafter unless space is filled.

FUTURE NEWSLETTERS WILL ANNOUNCE THE FOLLOWING TRIPS:

- | | |
|-----------------|--------------------------------|
| WED., 10/10/24 | TURKEY TRAIN |
| WED., 10/23/24 | ROD STEWART TRIBUTE |
| THURS., 11/7/24 | VON TRAPP PERFORM. |
| WED., 11/13/24 | SICILIAN TENORS |
| WED., 12/4/24 | KENNY & DOLLY |
| TUES., 12/31/24 | NEW YEAR’S EVE AT NOON/ODYSSEY |

OVERNIGHT TRIPS

BOOTHBAY HARBOR/CABBAGE ISLAND LOBSTERBAKE, JULY 30—JULY 31, 2024

THE ADVENTURE BEGINS WITH A TRAIN RIDE ON THE DOWNEASTER TO FREEPORT, MAINE. PLEASE REFER TO THE FLYER AT THE SENIOR CENTER FOR FULL DESCRIPTION. \$599 pp double, \$52 pp double (Optional Travelers Ins.) \$100 deposit required at sign up (plus insurance if selected) Final due 5/31/24.

NOTE: THE FOLLOWING TWO TRIPS ARE SHARED TRIPS WITH QUINCY SEN. CNTR.—SPACE LIMITED!!

MAGNIFICENT THOUSAND ISLANDS, SEPTEMBER 24—26, 2024 3 DAYS/5 MEALS

ROUNDTRIP MOTORCOACH TRANS; REFER TO FLYER AT SENIOR CENTER FOR FULL DESCRIPTION. \$725 pp double, Deposit of \$150 at Sign Up. Travel Ins. Prepaid. Final Payment due July 15, 2024.

EXCITING NEW YORK CITY!!, OCTOBER 15-17, 2024 3 DAYS/3 MEALS

A VISIT TO THE MOST EXCITING CITY IN THE WORLD! FULL ITINERARY ON FLYER AT SENIOR CENTER. \$1051 pp double, Deposit of \$150 at Sign Up. Travel Ins. Prepaid. Final Payment due August 20, 2024.

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.

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Wrentham Council on Aging, Wrentham, MA

06-5380



ELDER LAW CLINIC THURS., MAY 9 @ 12:30 p.m.

Wrentham seniors are invited to attend and learn about Elder Law issues at a free in-person event at the Wrentham Council on Aging. The event is part of a statewide Elder Law Education Program presented by the MA Bar Association. Among the topics discussed will be Veteran Affairs Financial Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes and alternatives to nursing home care. The MA Bar Association publication, "2024 Elder Law Education Guide", will be available the day of the presentation and online at the MBA's companion website: www.massbar.org/elderlaw Space is limited and you must register for this event by calling the Wrentham Senior Center at 508-384-5425 or by coming to the front desk no later than May 6.



REMINISCENCE PROGRAM WEDNESDAY, MAY 15 @ 1:00

Steve Kiley, from Home Instead, uses vintage artifacts found metal detecting for a show & tell reminiscence program. The artifacts are displayed and there is a power point presentation. Please sign up for this program by calling 508-384-5425.

PIZZA & A MOVIE!

WEDNESDAY, MAY 22, PIZZA AT 12:30 P.M., MOVIE AT 1:30 P.M. PLEASE JOIN US FOR A FUN AFTERNOON. WE WILL HAVE PIZZA, SALAD, DRINK & DESSERT. COST IS \$4, PAYABLE AT SIGN UP. FOLLOWING THE PIZZA, WE WILL SHOW THE MOVIE "GERRY & MARGE GO LARGE". SIGN UP BY FRI., 5/17.

MEET & GREET WITH OUR NEW VETERANS' AGENT AT AN ICE CREAM SOCIAL! THURS., MAY 30 @ 12:30!

Please join us as we introduce the new Wrentham Veterans' Agent, Melissa Bingham, to the senior community. Melissa will be at the Senior Center to talk with you and try to answer any questions you may have.

During the Meet & Greet we will be offering ice cream with toppings for you to enjoy!

Please call the Senior Center at 508-384-5425 to sign up for this event no later than Tuesday, May 28.

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

We now have a box, located in the hallway next to the book shelves, that is for flag disposal. If you have a U.S. flag that is worn, torn, etc., please feel free to place it in the box

A GENTLE REMINDER!

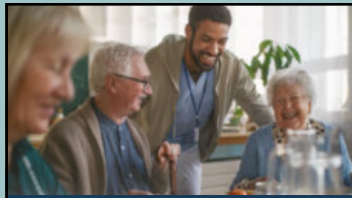
IF YOU HAVE SIGNED UP FOR A CLASS, TRIP OR ACTIVITY AT THE CENTER AND YOU ARE UNABLE TO COME, PLEASE LET US KNOW!!

****Just a quick note that all Senior Center programs are subject to change at any time. "Typos" may happen! Thanks for understanding!****



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**Annual Town Meeting
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June 3, 2024
 7:00PM
 King Philip High School

Town of
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