

Wrentham

COUNCIL ON AGING



LOOKING AHEAD

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

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.

FARMERS' MARKET COUPONS

Farmers' Market coupons are expected to arrive in mid-July. Please call the Senior Center at 508-384-5425 for eligibility criteria. Farmers' Market coupons offer seniors the chance to purchase fresh vegetables and fruits at approved Farmers' Markets and farm stands in Massachusetts. This year, eligible seniors will be able to apply for a \$50 booklet of coupons!

STAY COOL AT THE SENIOR CENTER!

Please remember that the Wrentham Senior Center is air conditioned throughout the summer months! Come in and join us for classes, activities, lunch or just coffee and conversation while you stay cool!

THANK YOU!

The Wrentham Senior Center would like to thank the Sohanno Garden Club for planting and caring for the beautiful flowers in our boxes and on our front steps!

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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. IF ANOTHER DAY OR TIME IS BETTER FOR YOU, LET US KNOW.

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., July 2 & Aug. 6 @ 1:30 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—Thurs., July 18, Tues. July 23, Thurs. Aug. 1 & Fri. Aug. 16, by appointment only. Call the Center to make an appointment.

CHAIR MASSAGE

The Senior Center offers monthly chair massages with LMT Joanne O'Brien! Chair Massages are on Tuesday, July 16 & August 20, 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!!

SHINE

The SHINE (Serving the Health Information Needs of Everyone) program provides health insurance information, assistance and counseling to Medicare beneficiaries of all ages and others who have questions about insurance and public benefit programs. Please call the Wrentham Senior Center to book an appointment with

PODIATRIST, Monday, July 8 & Thursday, July 25 @ 9:30 a.m. By appointment only. Please call the Center to make an appointment.

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

Wishing everyone a happy and safe summer time! Remember to wear your SPF and stay hydrated! One of my favorite summertime activities is visiting Wrentham's very own Sweatt Beach with my 2 children! It's simply lovely there! I encourage you to do the same and it's free for Wrentham seniors! I leave you with a lovely lake quote by Mehmet Murat ildan, "Not every lake dreams to be an ocean. Blessed are the ones who are happy with whom they are."

Elder Abuse HOTLINE Elder Abuse reports can be filed 24 hours a day either online <https:ssmaprod.wellsky.com/intake/>, or by phone at (800) 922-2275. Elder abuse includes physical, sexual, and emotional abuse, caretaker neglect, financial exploitation and self-neglect. Elder Protective Services can only investigate cases of abuse where the person is age 60 and over and lives in the community. To report abuse of a person with a disability under the age of 60, call the Disabled Persons Protection Commission at (800) 426-9009. To report abuse of a person by nursing home or hospital, call the Department of Public Health at (800) 462-5540. Call 911 or local police if you have an emergency or life-threatening situation.

HESSCO (Health and Social Services Consortium, Inc) is the Aging Services Access Point (ASAP) and Area Agency on Aging (AAA) for South Norfolk County in Massachusetts, including Wrentham. HESSCO's mission is to help older adults and individuals living with a disability remain safe and independent at home for as long as possible. Some examples of services include bathing and dressing, Meals on Wheels program, meal preparation, grocery shopping, home-making, and many more! For more information please contact Robin Tobin, 508-384-5425, or HESSCO, 781-784-4944.

MONEY MANAGEMENT PROGRAM

The Money Management Program, providing assistance to older adults and persons with disabilities who need help with their day-to-day finances. Under current guidelines, income limits are: Single person household: \$66,250, Two person household: \$75,750. To learn more, please contact the Money Management Program at BayPath Elder Services: 508-573-7241 or 508-573-7254

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.



Memory Café Wrentham. The Café will resume on Tues., July 23 & Aug. 27 at 2:00.

The Wrentham Senior Center in collaboration with the Town Nurses 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 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! "Check up from the neck up!" Just as we get regular screenings for other parts of our bodies, we need to make sure we get a checkup from the neck up as well," said Charles J. Fuschillo, Jr., Alzheimer's Foundation of America (AFA's) president and CEO. "If you're having memory issues, it's important to get them checked out; if you're not, it's still valuable to get a baseline. Be proactive about your brain health!"

Next Legal Clinic will take place Monday, Aug. 26 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. 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. Call the Senior Center, 508-384-5425, to reserve.

Need Help Buying Groceries?

SNAP (Supplemental Nutritional Assistance Program) can help! For example, if you are a two person household with a combined Gross Income of \$3,287.00 you could be eligible to receive a potential benefit of \$516.00 per month. Please call Outreach Worker, Robin Tobin at 505-384-5425, for income and eligibility criteria or the DTA (Department of Transitional Assistance) 877-382-2363.

MASSACHUSETTS HEALTHY INCENTIVE PROGRAM (HIP)

If you are on SNAP, you are able to get a \$1 to \$1 match on fruit and vegetable purchases year-round. HIP puts money back on your EBT card when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors. Please call Outreach Worker, Robin Tobin, 508-384-5425 and or check out mass.gov/hip for more information.

WRENTHAM FOOD PANTRY

The Food Pantry provides a 3-day emergency supply of food to Wrentham residents of all ages in need every week. The pantry provides special meal distribution during the holidays, including Easter. The pantry is open every Saturday from 10:00a.m.—Noon and is located at the Whiston House behind the Original Congregational Church at the corner of Rt. 140 and 1A. You may contact the Food Pantry at 508-384-3110 or email: food.wrentham@gmail.com



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, July 10 & Aug. 14 @ 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.

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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.

JULY CALENDAR

7

MON	TUES	WED	THURS	FRI
01	02	03	04	05
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 Beginner Mah Jong 10:00 Knit/Crochet 11:30 Gentle Walking 1:00 4TH OF JULY PARTY!	HOLIDAY - 4TH OF JULY!! Senior Center is Closed	9:00 Grocery Shopping
08	09	10	11	12
9:00 Hiking Group 9:30 Podiatrist 9:00 SHINE 10:00 Games 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 11:00 Low Vision Franklin Sen. Cntr. 12:00 Exercise	9:30 Beginner Mah Jong 10:00 Knit/Crochet 11:30 Gentle Walking 1:00 Caregivers' Support Group	9:30 Chair Yoga 11:00 Sit & Stretch 1:00 Discussion Group 2:00 Floor Yoga	9:00 Grocery Shopping
15	16	17	18	19
TBA Jimmy Buffet 9:00 Hiking Group 9:00 SHINE 10:00 Games 1:00 Line Dancing 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 10:00 Chair Massage 12:00 Exercise	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
22	23	24	25	26
9:00 Hiking Group 9:00 SHINE 10:00 Games 1:00 Line Dancing 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 10:00 Manicures/ Pedicures 12:00 Exercise 2:00 Memory Cafe	9:30 Beginner Mah Jong 10:00 Knit/Crochet 11:30 Gentle Walking 12:30 Pizza & Movie! "40 Love"	9:30 Chair Yoga 9:30 Podiatrist 11:00 Sit & Stretch 1:00 Discussion Group 2:00 Floor Yoga	9:00 Grocery Shopping
29	30	31		
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	9:30 Beginner Mah Jong 10:00 Knit/Crochet 11:30 Gentle Walking		

AUGUST CALENDAR

8

MON	TUES	WED	THURS	FRI
			01	02
			9:30 Chair Yoga 10:00 Manicures/ Pedicures 11:00 Sit & Stretch 2:00 Floor Yoga	9:00 Grocery Shopping Senior Center is closed today.
05	06	07	08	09
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 Beginner Mah Jong 10:00 Knit/Crochet 12:00 Corvettes 12:00 Grab & Go 12:00 Chair Yoga	9:30 Chair Yoga 11:00 Sit & Stretch 2:00 Floor Yoga	9:00 Grocery Shopping Senior Center is closed today.
12	13	14	15	16
9:00 Hiking Group 9:00 SHINE 10:00 Games 1:00 Line Dancing 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 11:00 Low Vision at the Franklin Senior Center 12:00 Exercise	9:30 Beg. Mah Jong 9:30 Journey Through the Decades 10:00 Knit/Crochet 12:00 Grab & Go 12:00 Chair Yoga 1:00 Caregivers' Support Group	9:30 Chair Yoga 11:00 Sweatt Beach Picnic! 2:00 Floor Yoga Senior Center will close from 11-1:30	9:00 Grocery Shopping 10:00 Manicures/ Pedicures
19	20	21	22	23
9:00 Hiking Group 9:00 SHINE 10:00 Games 1:00 Line Dancing 3:00 Qi Gong	9:00 Target 9:30 Painting 9:30 Cribbage 10:00 Chair Massage 12:00 Exercise	9:30 Beg. Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go	9:30 Chair Yoga 11:00 Sit & Stretch 2:00 Floor Yoga	9:00 Grocery Shopping Senior Center is closed today.
26	27	28	29	30
9:00 Hiking Group 9:00 SHINE 10:00 Games 1:00 Line Dancing 1:00 Legal Clinic 3:00 Qi Gong	9:00 Trader Joe's 9:30 Painting 9:30 Cribbage 12:00 Exercise 2:00 Memory Café!	9:30 Beg. Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go 12:30 Pizza & Movie "Ordinary Angels"	9:30 Chair Yoga 11:00 Sit & Stretch 2:00 Floor Yoga	9:00 Grocery Shopping

PLEASE REMEMBER TO SIGN IN ON MYSENIORCENTER!

SENIOR CENTER TRIP ANNOUNCEMENTS

9

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.

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. Depart TBA. No refund unless your space is filled. **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. 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 est. 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 unless space is filled.

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.

TURKEY TRAIN

THURSDAY, 10/10/2024.....\$127.00

We travel to Meredith, NH where we will board a train for a delightful 2-hour ride around part of Lake Winnepesaukee, all the while enjoying a mouthwatering turkey feast with all the fixings. Depart time is 7:30 a.m., with an estimated return time of 6:00 p.m. This is a BYOB trip! Sign up now and pay in full no later than 9/5/2024.

ROD STEWART TRIBUTE SHOW

WEDNESDAY, 10/23/2024.....\$89.00

Rick Larrimore is a dead-on Stewart impersonator, so it is no surprise he has carved out a career "recreating" Rod Stewart! This is a drive on your own to Lake Pearl, arrive no earlier than 11:00 a.m. Select lunch of chicken piccata or wild mushroom risotto at sign up. Pay in full no later than 9/12/24, no refund after 9/20/24 unless space is filled.

ELISABETH VON TRAPP

THURSDAY, 11/7/24.....\$127.00

A very special performance by the granddaughter to Maria von Trapp. Elisabeth is a member of such an iconic and loved family. Join us as we travel to the Danversport Yacht Club for a day filled with pure joy and happiness. Depart time is 10:15 a.m., returning home at approx. 4:00 p.m. Select lunch of either roasted chicken or fresh baked haddock. Payment required no later than Thursday, 10/3/24.

THE SICILIAN TENORS

WEDNESDAY, 11/13/2024.....\$89.00

The Sicilian Tenors, featuring Aaron Caruso, Elio Saccio and Sam Vitale will provide a concert for all ages and musical tastes. This is a Drive on your Own to Lake Pearl arriving no earlier than 11:00 a.m. Select lunch entrée of either a Thanksgiving dinner with all the fixings or Veg. Lasagna. Sign up now and pay in full no later than 9/6/2024. No refunds for cancellations after 10/10/2024.

OVERNIGHT TRIPS

10

WATCH FOR THE ANNOUNCEMENT OF THE FOLLOWING DECEMBER TRIPS:

WEDNESDAY 12/4/2024 KENNY AND DOLLY
TUESDAY 12/31/2024 NEW YEAR'S EVE AT NOON/ODYSSEY

OVERNIGHT TRIPS: PLEASE REFER TO THE FLYERS AT THE SENIOR CENTER FOR HIGHLIGHTS:

MAGNIFICENT THOUSAND ISLANDS, SEPTEMBER 24—26, 2024 3 DAYS/5 MEALS
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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 VENUES MUST BE MADE KNOWN AT THE TIME YOU SIGN UP.

NO REFUND IS GIVEN AFTER PAY IN FULL DATE UNLESS STATED TO THE CONTRARY!! REFUNDS WILL BE GIVEN, HOWEVER, IF YOUR SPACE IS FILLED.

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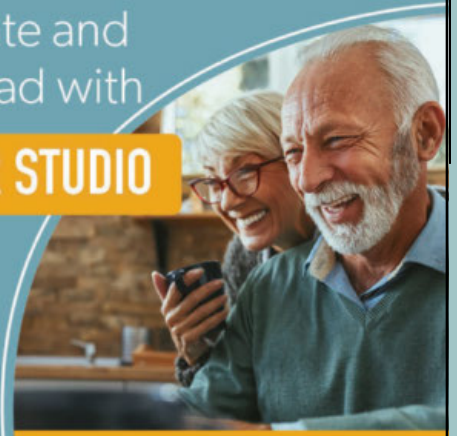
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Wrentham Council on Aging, Wrentham, MA

06-5380



4th OF JULY— PARTY!
WED., JULY 3 AT 1:00 P.M.
 JOIN US AS WE CELEBRATE THE FOURTH OF JULY WITH A SUMMER LUNCH, ENTERTAINMENT BY “THE ELDERLY BROTHERS” AND RAFFLE PRIZES! LUNCH WILL CONSIST OF HOT DOGS/CHEESEBURGERS, POTATO SALAD, TOSSED SALAD, CHIPS AND DESSERT, PROVIDED BY HESSCO. THE SUGGESTED DONATION FOR LUNCH IS \$3, PAYABLE AT THE DOOR. WE WILL BE ENTERTAINED BY THE ELDERLY BROTHERS, WHO WE HAVE ENJOYED IN THE PAST! WE WILL ALSO HAVE A RAFFLE WITH FUN PRIZES!

PLEASE CALL THE SENIOR CENTER AT 508-384-5425 TO SIGN UP BY JUNE 26, SPACE IS LIMITED!!

PIZZA & A MOVIE!

WEDNESDAY, JULY 24 & AUGUST 28, PIZZA AT 12:30 P.M., MOVIE AT 1:15 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 “40 LOVE” IN JULY AND “ORDINARY ANGELS” IN AUGUST. SIGN UP BY THE PREVIOUS FRIDAY.

Call Emily Todd, Meal Site Manager, at 508-384-1164. to order a daily meal at least 2 days ahead.

Grab & Go lunch every Wednesday, please call Janet at 508-384-5425 to order 3 days ahead.

For information on Meals on Wheels, please call HESSCO Elder Services at 781-784-4944.

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!

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!!

SWEATT BEACH PICNIC

THURS., AUGUST 15, 11:00 A.M.—1:00 P.M.
 MANY THANKS TO THE RECREATION DEPARTMENT FOR HOSTING THIS FUN EVENT! TRANSPORTATION TO THE PICNIC IS AVAILABLE; PLEASE CALL THE SENIOR CENTER TO RESERVE A RIDE.

HOTDOGS & HAMBURGERS WITH ALL THE FIXINGS, AS WELL AS POTATO SALAD, COLESLAW, PICKLES, CHIPS AND WATERMELON WILL BE SERVED. COME AND ENJOY A NICE DAY AT WRENTHAM’S OWN LOVELY BEACH!

PLEASE NOTE: THE SENIOR CENTER WILL BE CLOSED FROM 10:30—1:30 THAT DAY.



The Wrentham Fire Department and Sound the Alarm Home Fire Campaign

The Wrentham Fire Department announces their new partnership with the American Red Cross and their Sound the Alarm Home Fire Campaign. This Campaign will allow the WFD to provide battery operated Smoke and Carbon Monoxide Detectors to Wrentham Residents, free of charge! The campaign also offers bed shaker alarms and strobe lights, free of charge! To learn more about the Campaign or set up a home visit, you can email the WFD , Fireedu@fire.wrentma.ma.us or call 508-384-3131

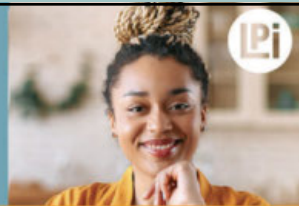
****Just a quick note that all Senior Center programs are subject to change at any time. “Typos” may happen! Thanks for understanding!****

WE'RE HIRING!

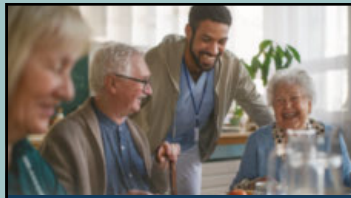
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LIVING IN A MATERIAL WORLD
THE FABRIC OF WRENTHAM LIVES
SUMMER EXHIBIT AT THE OLD FISKE
MUSEUM, 55 EAST STREET, WRENTHAM

SUNDAY, June 30, July 7 & August 4

Open from 1:00—4:00 p.m.

We invite you to take part in this exhibit that investigates and showcases the fabric of Wrentham lives over the last three centuries. Understand how people living in Wrentham obtained materials and created fabrics and clothing. Learn about fashion trends, what people in Wrentham wore and how and where they wore it. From uniforms to swim suits to wedding gowns to accessories, this collection tells the story of daily life in Wrentham.

Free exhibit presented by Wrentham Cultural Council and Wrentham Historic Commission.

WRENTHAM SENIOR CENTER JULY & AUGUST NEWSLETTER



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