

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 Fall is upon us once again. It seems faster every passing year! It is my favorite season and I look forward to all the things fall brings: Cool, crisp air, all the wonderful colors and treats of the fall season!

It also brings a very busy time of year here at the Senior Center. The all important FLU CLINIC is being held on Tuesday, September 10, from 10:30 a.m.—12:30 p.m. and 1:30 p.m.—4:00 p.m. at the Senior Center by the Metacomet Public Health Nurses. More details are on page 10.

Our annual Lobster Roll Lunch is on Thursday, September 12 at 12:30. Please be sure to sign up early as this is a very popular event. Details on page 10.

The Council on Aging Board invites you to a Meet & Greet session on Friday, September 20 at 10:00. Come with your thoughts and ideas for the Center. Coffee and refreshments will be served.

Our SHINE Counselor, Mary Shepardson, will be conducting an important talk Monday Sept. 30, on the Medicare Open Enrollment period which runs from October 15—December 7. The talk will be at 12:30 p.m.

Finally, don't forget Wrentham Day on Saturday, September 7, 9:00 a.m.—3:00 p.m. We will be there!

INSIDE THIS ISSUE

| | |
|-----------------------------|-------|
| Weekly Activities/Classes | 2 |
| Monthly Events | 3 |
| Outreach Corner | 4 & 5 |
| Outreach continued | 6 |
| Calendar of Events | 7 |
| Trip Announcements | 8 |
| Trip Announcements | 9 |
| Special Events in September | 10 |
| Town Announcements | 12 |



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.

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.

GENTLE WALKING -Note Day & Time Change

12:30 P.M., MEETS IN THE SENIOR CENTER PARKING LOT. WE WILL STAY ON LEVEL GROUND NEAR THE CENTER. EACH PERSON WILL FIND THEIR OWN PACE.

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., September 3 @ 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—Thursday, September 5 & 19, by appointment only. Call the Center to make an appointment. Sign up for this special treat!

CHAIR MASSAGE

The Senior Center offers monthly chair massages with LMT Joanne O'Brien! Chair Massages are on Tuesday, September 17, 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

Book group will begin again on Thursday, September 12 at 3:30 p.m. and we will be kicking it off with the renowned American author and poet, Barbara Kingsolver. Our first selection is Prodigal Summer. In this novel from 2000, Kingsolver writes of the connections of three generations of independent women and men on the edge of an Appalachian wilderness reserve.

Contemporary to the turn of the 21st century, the book can be thought of as historical fiction which makes an interesting companion to our present. There are many copies in the library system. The book is a bit longer than usual, give yourself plenty of time to savor. Sign up at the Senior Center.

Vital sign screenings and confidential health consultations with the public health nurses. Call 508-384-5485 to make an appointment.



Rose Stavola Realty Group

We are a team of Wrentham residents that understand Wrentham Real Estate. We offer home preparation consultations, professional photography and expert guidance throughout the process of selling your home.

Serving Wrentham and beyond

☎ 508-507-1853

✉ www.rosestavola.com

🌐 rosestavolarealty@gmail.com



BERKSHIRE HATHAWAY
HomeServices

Evolution Properties

🏠 A member of the franchise system of BHH Affiliates, LLC



For ad info. call 1-800-477-4574 • www.4lpi.com

Wrentham Council on Aging, Wrentham, MA

06-5380



**ASK LAUREN, LUNCH & LEARN!
WEDNESDAY, SEPTEMBER 18 @ 1:00 P.M.**

Have a round table discussion with Lauren regarding MA HEALTHCARE 101.

TOPICS TO BE DISCUSSED:

How does private home care work? What questions should I ask when thinking of hiring a private-pay company? How much does it cost? Who pays for it?

How does a visiting nurses association work? Who decides when I come off of physical therapy? How and when should I get a prescription from my MD for that Medicare covered service?

Independent, Assisted and Memory Care Communities. How does that work? What should I be looking for when making a decision?

Palliative programs, what do they offer? Hospice, when do I/we make that decision?

What does skilled mean and how do I apply that in my life?

PLEASE CALL THE WRENTHAM SENIOR CENTER AT 508-384-5425 TO SIGN UP!!



**COMING NOVEMBER 13, 2024
—CARING FOR THE CAREGIVER**

Please join us for an afternoon of pampering and relaxation with a massage provided by Joanne O'Brien, LMT. Also, education and insight from our Guest Speaker, Judy Wood, HESSCO's Family Caregiver Specialist. And of course, some delicious nourishment to feed your soul from Café Assisi. You will leave this event feeling refreshed, revived and reconnected!

WEDNESDAY, NOVEMBER 13, 1:00—3:00 p.m.

WRENTHAM SENIOR CENTER

Reservations Required: RSVP to Robin Tobin, 508-384-5425, RTobin@wrentham.gov



**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, Sept. 11 at 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.

Tuesday, Sept.24 at 2:00 p.m.

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 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.

Next Legal Clinic will take place Monday, October 28, 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 your spot!

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

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, homemaking, and many more! For more information please contact Robin Tobin, 508-384-5425, or HESSCO, 781-784-4944.

Speech-Language & Hearing
Associates of Greater Boston
 Specialists in Speech, Language, Learning & Audiology
 Licensed & Certified Audiologists and Speech-Language Pathologists
HEARING TESTS • HEARING AIDS • ADULT SPEECH & LANGUAGE THERAPY • PARKINSON (LSVT) • APHASIA
OCCUPATIONAL THERAPY
 Medfield 5 N. Meadows Rd. | 508-359-4532
 Plainville 30 Man-Mar Dr. | 508-695-6848



PROFESSIONAL PHYSICAL THERAPY & SPORTS MEDICINE
 Treating patients physical therapy needs for over 30 years.

2 Locations in Franklin, MA
 340 East Central Street (Next to Big Y Plaza)
 620 Old West Central Street (Across from Stop & Shop Plaza)

508-528-6100



Choose CareOne at Sharon
 A leading provider of assisted living and memory care services in Massachusetts

Call us today to make a referral or to receive more information at (781) 784-0111.

CAREONE At Sharon
 (781) 784-0111 | 675 South Main Street Sharon, MA 02067

Areas of Pain We Treat:

- Jaw/TMJ
- Neck/Arm
- Shoulder & Rotator Cuff
- Hand, Forearm & Wrist
- Back & Sciatica
- Hip & Knee
- Foot & Ankle

Conditions We Treat:

- Dizziness & Vertigo
- Balance Disorders & Fall Risk
- Pre/Post Surgical Rehab
- TMJ/Craniofacial Therapy
- Pain Management

Accepting Most Major Insurances Including MEDICARE

Avoid unnecessary medications, injections, and surgery.
 Don't Wait - Get Started Right Now!

508-528-6100  ProPTinc.com

HANDYMAN
 "Mr. Fix It"
Not much I can't do around the house, inside & out.



PAINTING • CARPENTRY • BATHROOM REMODELING • GUTTER CLEANING
NO JOB TOO SMALL!
CALL MARK 508-243-1065

Joyful Living Center at Sterling Lofts Adult Day Health helps adults and seniors live well.

Learn more
 Visit SevitaHealth.com or call 508-492-6344

Sevita

SELF-HELP, INC. FUEL ASSISTANCE ANNUAL RECERTIFICATIONS 2024-2025



It's that time of year again! Folks who received the heating assistance benefit from Self-Help, Inc. last heating season can expect to receive in the mail the Annual Recertification for the 2024-2025 heating season, please don't miss it! If you have questions or need assistance completing the application form please contact Outreach Worker, Robin Tobin at 508-384-5425 or RTobin@wrentham.gov. Further information on the 2024-2025 heating season will be posted in the October newsletter, be sure to look for it!

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.

POWERFULL TOOLS FOR CAREGIVERS

ARE YOU CAREGIVING FOR A FAMILY MEMBER OR FRIEND? THIS CLASS IS FOR YOU!

THIS SIX-WEEK IN-PERSON CLASS SERIES WILL GIVE YOU THE TOOLS TO:

- Reduce caregiver stress
- Improve self-confidence in caregiving
- Manage time, set goals and problem solve
- Better communicate your feelings
- Make tough caregiving decisions



TO REGISTER FOR THIS INFORMATION SESSION: RSVP TO BECKY AT THE NORFOLK SENIOR CENTER BY 9/10/24. Call 508-528-4430 or email bpoynot@norfolk.ma.us

Please join co facilitators Becky Poynot, Norfolk Outreach Coordinator and Judy Wood, HESSCO Caregiver Support Specialist for an information session to learn more about this program: TUESDAY, SEPTEMBER 17 AT 1:00 PM VIA ZOOM. Classes will meet in person every Tuesday for 6 weeks from 1:00—2:30 pm beginning October 8 at the Wrentham COA

*This program is offered free of charge and is made possible in part by funding from the Older Americans Act, as granted by HESSCO Elder Services.

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.

SEPTEMBER CALENDAR

7

| MON | TUES | WED | THURS | FRI |
|---|--|---|--|---|
| 02 | 03 | 04 | 05 | 06 |
| HOLIDAY - LABOR DAY! Senior Center is Closed | 9:30 Painting 9:30 Cribbage 12:00 Exercise 1:30 Drums Alive! | 9:30 Beginner Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch | 9:30 Chair Yoga 10:00 Manicures/Pedicures 11:00 Sit & Stretch 12:30 Gentle Walk 1:00 Discussion 2:00 Floor Yoga | 9:00 Grocery Shopping |
| 09 | 10 | 11 | 12 | 13 |
| 9:00 Hiking Group 9:30 Podiatrist 9:00 SHINE 10:00 Games 1:00 Line Dance 3:00 Qi Gong | <u>FLU CLINIC</u> 10:30 — 12:30 P.M. 1:30 — 4:00 P.M. | 9:30 Beginner Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch 1:00 Caregivers' Support Group | 9:30 Chair Yoga 12:30 Lobster Roll Lunch! 12:30 Gentle Walking 2:00 Floor Yoga 3:30 Book Group | 9:00 Grocery Shopping |
| 16 | 17 | 18 | 19 | 20 |
| 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 11:00 Happy 2 Gather! Lake Pearl Luciano's 12:00 Grab & Go 1:00 Ask Lauren Lunch & Learn! | 9:30 Chair Yoga 10:00 Manicures/Pedicures 11:00 Sit & Stretch 12:30 Gentle Walking 1:00 Discussion Group 2:00 Floor Yoga | 9:00 Grocery Shopping 10:00 COA Board Meet & Greet! |
| 23 | 24 | 25 | 26 | 27 |
| 9:00 Hiking Group 9:00 SHINE 10:00 Games 1:00 Line Dancing 3:00 Qi Gong 3:30 COA Meeting | 9:30 Painting 9:30 Cribbage 12:00 Exercise 2:00 Memory Cafe | 9:30 Beginner Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch 12:30 Pizza & Movie—FALL GUY. | 9:30 Chair Yoga 9:30 Podiatrist 11:00 Sit & Stretch 12:30 Gentle Walking 1:00 Discussion Group 2:00 Floor Yoga | 9:00 Grocery Shopping |
| 30 | | | | |
| 9:00 Hiking Group 9:00 SHINE 10:00 Games 12:30 Medicare Open Enrollment 3:00 Qi Gong | | | | |



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.

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. Pay in full at sign up. There is no refund 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.

KENNY & DOLLY

WEDNESDAY, 12/4/2024.....\$89.00

Wendy T & Dave Karl recreate the magic of Country Music's favorite couple! Join us for a Smoky Mountain Christmas at Lake Pearl! This is a Drive On Your Own Event, arriving no earlier than 11:00 a.m. Your lunch selection must be made at sign up of either Chicken Parmesan or Eggplant Rollatini. Sign up now and pay in full no later than Thurs. 10/17. No refund for cancellations after 10/31/24.

NEW YEAR'S EVE AT NOON

TUESDAY, 12/31/2024\$132.00

Where did the year go! This has become an annual trip to bring in the New Year! Depart from the Senior Center at 9:00 a.m. and board the Odyssey in Boston at approximately 10:30 a.m. Be prepared for a "Funtastic" 2 hour cruise from 11:30—1:30. Cruise includes a Brunch Buffet, DJ on board for your dancing pleasure and horns and hats available for a Champagne toast at Noon to welcome 2025!

Please Note: There is walking involved from the drop off point at Rowe's Wharf to the dock! Keep winter conditions in mind. A drive around Boston to see the holiday lights will be made after the cruise. Sign up and pay by 11/14/24. No refund after 12/5/24 unless space is filled.

TRIPS (Continued)

WRIGHT'S CHICKEN FARM

THURSDAY, 1/16/2025.....ALL PAY \$25.00

THIS IS A POPULAR ANNUAL TRIP! We depart at 10:30 a.m., to Burrillville, RI, where your All You Can Eat chicken lunch will be served. Lunch includes salad, pasta, French fries and a vegetable. After lunch, enjoy a few Bingo Games for cash prizes. A stop will be made at Wright's Bakery before heading home at approximately 3:45 p.m. Payment in full by 1/2/25

2025 TRIPS ARE BEING PLANNED—HERE IS A HINT OF A FEW!!

WATCH FUTURE NEWSLETTERS FOR ANNOUNCEMENTS:

SUPREME REFLECTIONS: TRIBUTE TO MUSIC OF DIANA ROSS & SUPREMES

DOOBIE BROTHERS TRIBUTE

FLEETWOOD MAC TRIBUTE

TOM JONES TRIBUTE

JOHN DENVER TRIBUTE

CHRISTMAS WITH TONY BENNETT & BARBARA STREISAND (HOLIDAY TRIBUTE SHOW)

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.

R.J. Ross Funeral Home

135 South Street • Wrentham, MA 02093

508-384-3133

rjrossfuneralhomeinc.com

SUPPORT OUR
ADVERTISERS!

WOOD & GRESHAM, P.C.

ATTORNEYS AT LAW

Specializing in

**Wills, Trusts, Probate, Estate Planning,
Real Estate & Personal Injury**



Daniel J. Wood, Esquire
Partner



David M. Gresham
Partner

In 2024 we celebrated our *20th anniversary* serving the people of Wrentham and surrounding community!

(508) 384-2008 | dwood@woodgresham.com | woodgresham.com





FLU CLINIC

For Wrentham Residents over 18
TUESDAY, SEPTEMBER 10

10:30 a.m.—12:30 p.m.

1:300 p.m.—4:00 p.m.

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

MEET & GREET WITH YOUR COA! FRIDAY, SEPTEMBER 20 at 10:-00

The Wrentham Council on Aging Board members invite you to come in and meet with them, share any ideas or concerns you may have and get to know what they do and how they can help make the Senior Center an even better place.

Refreshments will be served.

Please call the Center to sign up at 508-384-5425.

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!

PIZZA & A MOVIE!

WEDNESDAY, SEPTEMBER 25, 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, FALL GUY, STARRING RYAN GOSLING AND EMILY BLUNT. SIGN UP BY THE PREVIOUS FRIDAY, SEPTEMBER 20.



LOBSTER ROLL LUNCH! THURSDAY, SEPTEMBER 12 @ 12:30 p.m.

Our lobster roll lunch has become a Senior Center tradition! The lunch includes a stuffed lobster roll, chips, pickles, drink and dessert. The cost is \$15, payable at sign up please. We take a limit of 50 reservations, first come, first serve. All reservations must be in by Friday, September 6 so we can order enough lobster! **NO EXCEPTIONS!** Entertainment and Raffles! Please call or come in early for this fun day, a good way to say a final good-bye to summer

MEDICARE OPEN ENROLLMENT & MEDICARE SAVINGS PROGRAM MONDAY, SEPTEMBER 30 at 12:30 p.m.

OUR SHINE COUNSELOR, MARY SHEPARDSON, WILL BE HERE ON SEPTEMBER 30 TO DO 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.

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!****

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



THRIVE LOCALLY



All American at Wrentham

**ASSISTED LIVING,
MEMORY CARE, RESPITE**



SEASONAL SAVINGS
IN ORDER!
LIMITED
AVAILABILITY!



We Put the Emphasis on *Living!*

A friendly neighborhood community in the truest sense of the word.

Rates Starting at: \$4,400 for Assisted Living, \$6,600 for Memory Care



ALL AMERICAN ASSISTED LIVING AT WRENTHAM
30 Ledgeview Way • Wrentham, MA 02093
774-210-8108 | AllAmericanAtWrentham.com

LET'S GROW YOUR BUSINESS

Place Your Ad Here
and Support Our Parish!

**CONTACT ME
Karen Fontaine**

kfontaine@lpicommunities.com
(800) 477-4574 x6350

A | Alliance Health at Maples

Nationally Recognized for Exceptional Care.

*We are dedicated to improving and
enriching the lives of elders*

**Rehabilitation • 24/7 Nursing Care • Post Acute Unit
Long Term Care • Support Services**



508-384-7977 - www.alliancehhs.org/maples/

90 TAUNTON STREET, WRENTHAM



For ad info. call 1-800-477-4574 • www.4lpi.com

Wrentham Council on Aging, Wrentham, MA

06-5380

Friends of Wrentham
Senior Citizens, Inc.
400 Taunton Street
Wrentham, MA 02093

Nonprofit Organization
U.S. POSTAGE
-PST. STD.-
PAID
Wrentham, MA 02093
PERMIT NO. 77

WRENTHAM DAY!
SATURDAY, SEPTEMBER 7, 2024

9:00 A.M.—3:00 P.M.

TOWN COMMON

**THE SENIOR CENTER WILL HAVE A
TABLE, STOP BY TO SAY HELLO!**

42 ANNUAL CRACKER-BARREL FAIR
SEPTEMBER 13-15, 2024, TIMES VARY
CRACKER BARREL FAIRGROUNDS, FREE
ADMISSION, \$3 PARKING DONATION TO
SUPPORT WRENTHAM LIONS' CLUB
CHARITIES!

JOIN US FOR ANOTHER YEAR OF FAMILY FUN!
RIDES, FOOD TRUCKS, GAMES, HAY RIDES,
VENDORS AND LIVE MUSIC!

WRENTHAM SENIOR CENTER SEPTEMBER NEWSLETTER



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574

**DOES YOUR NONPROFIT
ORGANIZATION NEED
A NEWSLETTER?**



Engaging,
ad-supported
print and digital
newsletters to reach
your community.

Visit lpicommunities.com

Scan to
contact us!



**Nursing & Rest Home
Ombudsman**

- Become trained and certified as an Ombudsman.
- Create your own volunteering schedule.
- Protect and educate about residents' rights.
- Help residents resolve their concerns or issues.

**You can make
a difference!**



For more information about this important volunteer
advocacy work, call us at South Shore Elder Services
at (781) 848-3910, or (781) 930-0200, or visit us
online at www.sselder.org/volunteer/

Our Program's Territory Includes:
Braintree • Canton • Dedham • Foxboro • Hingham •
Medfield • Millis • Milton • Norwood • Quincy • Randolph
Scituate • Sharon • Walpole • Weymouth • Wrentham



For ad info. call 1-800-477-4574 • www.4lpi.com

Wrentham Council on Aging, Wrentham, MA

06-5380