

Wrentham

COUNCIL ON AGING



LOOKING AHEAD

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WRENTHAM COUNCIL ON AGING MEMBERS;

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400 Taunton Street, Wrentham, MA 02093

508-384-5425 (phone), 508-384-5447 (fax)

www.wrentham.gov—read our newsletter online!

Office Hours

Mon – Thurs: 8:30 a.m. to 3:30 p.m., Fri.: 8:30 a.m.—1:30 p.m.

Please note: we will be Closed on Friday, 11/1, 11/8 & 11/29.

This is the time of year we like to give special thanks to all the groups and individuals who help make the Senior Center the special place it is!

To all of our volunteers who help us get things done around the Center, working on the newsletter, decorating, helping in the kitchen and just being ready and willing to help when we need it, a big thank you!

To the Sohanno Garden Club, who continue to decorate the Senior Center for each new season with beautiful decorations and flowers for us to all enjoy, thank you!

We are so grateful for the help you all give us!

HOLIDAY GIVING—THE NURSES' GIVING TREE

The Senior Center is teaming up with the Public Health Nurses this holiday season to request donations for their GIVING TREE. Take a tag or two from the tree, purchase the item and return the unwrapped gift and tag to the tree at the nurses' office. The gifts will be distributed to Wrentham residents in need. The Giving Tree will be up right after Thanksgiving and will end on December 16. If you are interested in giving, or know someone in need, please contact Robin or Janet at the Senior Center.

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WEEKLY CLASSES & ACTIVITIES

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—12:45 P.M.

COST: \$2

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

WEDNESDAY

MAH JONG—NEW START TIME

9:15 A.M.—11:30 A.M.

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

9:00 A.M.—10:00 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

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.

VARIOUS TOPICS DISCUSSED—ALL ARE WELCOME!

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, Thurs., November 14 @ 12:30 p.m., \$3. It is a fun, high energy class combining movement and music with the power of drumming. 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. Call 508-384-5425 to register.

MANICURES/PEDICURES—Thurs, Nov. 7 & 21, and Mon., Nov. 25, by appointment only. Call the Center for an appointment. Sign up for this special

CHAIR MASSAGE

The Senior Center offers monthly chair massages with LMT Joanne O'Brien! Chair Massages are on Tuesday, November 19 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

Our book selection for Thurs, November 14 at 3:30 p.m. is Started Early, Took My Dog by Kate Atkinson. In this novel, two retired-but-not-done-yet investigators' stories overlap and eventually intertwine. The two sub-plots gradually come together as the action shifts locations and jumps across time from 1970s Britain to the present. Atkinson writes literary fiction that defies genre categories and in this novel she blends mystery, humor and character studies. Enjoy her skillful weaving together of character plotlines and the timely contemporary conversations. Sign up at the Senior Center or by emailing: lpympton@wrentham.gov

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



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06-5380



May your Thanksgiving be bountiful with reasons to be grateful. Sending you a harvest of blessings. In all things give thanks. May this Thanksgiving bring you the same joy you bring to others every day!

LIHEAP (Low Income Home Energy Assistance Program). The 2024-2025 LIHEAP Season will be accepting applications beginning **November 1st, 2024 thru April 30th, 2025**. 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.

Good Neighbor Energy Fund (GNEF):

The Massachusetts Good Neighbor Energy Fund will be available to any Massachusetts 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 please call Robin Tobin, 508-384-5425, for 2024-2025 program criteria and eligibility.

Eversource Payment Plans and Assistance

You may qualify for one or more of these programs if you're struggling to pay your utility bills and meet specific income requirements. Please call Eversource directly **866-861-6225** or <https://www.eversource.com/content/ema-c/residential/account-billing/payment-assistance>

National Grid Plans and Assistance

National Grid offers a number of assistance programs and deferred payment options if you need them. Please call National Grid Directly to learn about these Programs at **800-322-3223** or <https://www.nationalgridus.com/MA-Home/Bill-Help/>



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

PLEASE NOTE there will be NO Caregivers Support Group in Nov., resumes on 12/11.



Memory Café Wrentham.

Tuesday, November 26 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.



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.

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, such as White Barn Farm and Cooks Farm in Wrentham.

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.

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Next Legal Clinic will take place Monday, December 30 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!

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.

Report Elder Abuse & Neglect

Elder Abuse includes physical, sexual and emotional abuse, caretaker neglect, financial exploitation as well as self-neglect. If you are a victim and/or witness of abuse, call (800) 922-2275 or online: <https://www.mass.gov/reporting-elder-abuse-neglect>

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.

Thanksgiving Extra Help!

The Holidays can be a difficult time for some; please know the local food pantry will be providing Holiday assistance to registered participants. If you are interested in receiving assistance please call and register with the Wrentham Food Pantry, 508-384-3110 or www.wrenthamfoodpantry.org/

HESSCO Elder Services Holiday Meals Program for folks 60 years and older:

HESSCO will once again coordinate the 2024 Holiday Meals Project for Thanksgiving! The mission of this project is to provide a hot home delivered meal to homebound elders in our service area **who will be home alone on these holidays**. This year, our caterer TRIO will be providing an upscale holiday meal. Thanksgiving will be a traditional Turkey Dinner with all the fixings. The Thanksgiving Dinner will be delivered on, **Wed., November 27**. The meals will be chilled and delivered in the morning. Temple Israel as well as many community partners will be assisting with the deliveries. Please call Robin Tobin, 508-384-5425, before Friday, November 15th if you are interested in receiving a holiday meal.

The South Walpole United Methodist Church will be delivering full Turkey Dinners and the fixings on Thanksgiving Day on Thursday November 28th, 2024 to those who might not otherwise have a Thanksgiving Dinner.... Please contact Robin Tobin, 508-384-5425, if you wish to receive a meal.



NOVEMBER CALENDAR

7

MON	TUES	WED	THURS	FRI
				01
				9:00 Grocery Shopping Senior Center is closed today.
04	05	06	07	08
9:00 SHINE 9:00 Hiking Group 10:00 Games 1:00 Line Dance 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 12:00 Exercise 1:00 Powerful Tools for Caregivers ELECTION DAY	9:15 Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch	9:00 Chair Yoga 10:00 Mani/Pedi 10:15 Elisabeth Von Trapp 12:30 Gentle Walk 1:00 Discussion 2:00 Floor Yoga	9:00 Grocery Shopping Senior Center is closed today.
11	12	13	14	15
HOLIDAY - VETERANS' DAY! Senior Center is Closed	9:30 Painting 9:30 Cribbage 12:00 Exercise 1:00 Powerful Tools for Caregivers	9-11:00 Mah Jong 10:00 Knit/Crochet 11:00 Sicilian Tenors, Lake Pearl 12:00 Grab & Go 1:00—3:00 Caring for the Caregiver Special Event	9:00 Chair Yoga 9:30 Podiatrist 11:00 Sit & Stretch 12:30 Gentle Walk 12:30 Drums Alive! 1:00 Low Vision Support, Franklin 2:00 Floor Yoga 3:30 Book Group	9:00 Grocery Shopping
18	19	20	21	22
9:00 SHINE 9:00 Hiking Group 10:00 Games 1:00 Line Dance 3:00 Qi Gong 3:30 COA Meeting	9:30 Painting 9:30 Cribbage 10:00 Chair Massage 12:00 Exercise 1:30 Clear Your Thoughts, Clear Your Clutter!!	9:15 Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch 12:30 Pizza & Movie—"Ezra", starring Robert DeNiro	9:00 Chair Yoga 10:00 Mani/Pedi 11:00 Sit & Stretch 12:30 Gentle Walk 12:30 Wrentham Fire Dept., Plan Your Escape Plan 2:00 Floor Yoga	9:00 Grocery Shopping
25	26	27	28	29
9:00 Hiking Group 9:00 SHINE 10:00 Mani/Pedi 10:00 Games 1:00 Line Dance 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 12:00 Exercise 2:00 Memory Cafe	9:00 Grocery Shopping 9:15 Mah Jong 10:00 Knit/Crochet The Senior Center will close at 1:00 pm	HOLIDAY - HAPPY THANKSGIVING! Senior Center is Close	Senior Center is closed today.

SENIOR CENTER TRIP ANNOUNCEMENTS

8

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.

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 at sign up. Don't miss out on this Special Performance!

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. Pay in full at sign up. **WAIT LIST ONLY!**

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. **FEW SEATS REMAINING!**

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.

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 must be made by 1/2/25. **WAIT LIST ONLY!**

2025 DAY TRIPS ARE IN THE PLANNING STAGES—HERE IS A HINT OF A FEW!!

WATCH FUTURE NEWSLETTERS FOR DATES & DETAILS!:

NEWPORT PLAYHOUSE

SUPREME REFLECTIONS: TRIBUTE TO MUSIC OF DIANA ROSS & SUPREMES

DOOBIE BROTHERS TRIBUTE

TITANIC EXHIBITIONS

FLEETWOOD MAC TRIBUTE

TOM JONES TRIBUTE

JOHN DENVER TRIBUTE

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

TRIPS (Continued)

9

2025 OVERNIGHT TRIPS ARE BEING PLANNED: HERE IS A HINT OF A FEW! WATCH FUTURE NEWSLETTERS FOR DATES AND DETAILS!:

NOAH: SIGHT AND SOUND THEATER; ARK ENCOUNTER AND MUCH MORE
NEW YORK CITY
MONTREAL & QUEBEC
ALASKA

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.

The Sohanno Garden Club of Wrentham and the Wrentham Senior Center are looking for Senior Tax Work Off volunteers who would like to help maintain and beautify the planters around the Senior Center throughout the year. All plants and decorations will be purchased by the Garden Club and work will be completed in coordination with the club members. Time commitment for volunteers is minimal and activities include changing out plants, watering once a week and weeding once a month. If interested, contact Beth at 508-740-1974 or bethlacroix@outlook.com.

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CLEAR YOUR THOUGHTS—CLEAR YOUR CLUTTER!

TUESDAY, NOVEMBER 19 @ 1:30 P.M.

PLEASE JOIN US FOR AN IMPORTANT BUT FUN SESSION, presented by Professional Organizer Susan McCarthy.

As anyone who's ever tried to declutter knows, decluttering isn't as simple as walking around your home tossing unwanted things in a trash bag.

Instead, your stuff gets tangled up in thoughts that make it challenging for you to let go of possessions.

We'll discuss some of the most common reasons people have for holding onto stuff they may not use, need, or even like. Learn the technique for talking back to your clutter-clinging thoughts so you can make your home a functional and pleasant place.

Sign up for this discussion by calling 508-384-5425.

LOW VISION SUPPORT GROUP FRANKLIN SENIOR CENTER

The Low Vision Support group meets every 2nd Thursday of the month (except in the summer) at 1:00 p.m. The meeting in November is Thursday, November 14. All are welcome.

On the first Thursday of the month, Dave Dunham will be providing one on one assistive tech. support. Please call 508-519-0411 to set up an appointment with him.

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!!

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!



WRENTHAM FIRE DEPARTMENT PRESENTS "HAVE AN ESCAPE PLAN"

THURSDAY, NOVEMBER 21 AT 12:30 P.M.

THE WRENTHAM FIRE DEPARTMENT WILL BE AT THE SENIOR CENTER TO DISCUSS HOW TO PLAN FOR AND IMPLEMENT AN ESCAPE PLAN SHOULD A SITUATION ARISE THAT FINDS YOU IN NEED OF LEAVING AN AREA QUICKLY. A VERY IMPORTANT TALK THAT WILL GIVE YOU PEACE OF MIND FOR THE FUTURE.

A LUNCH WILL BE PROVIDED. PLEASE CALL THE SENIOR CENTER AT 508-384-5425 OR SIGN UP AT THE FRONT DESK BY TUESDAY, NOVEMBER 19.

PIZZA & A MOVIE!

WEDNESDAY, NOVEMBER 20, PIZZA AT 12:30 P.M., MOVIE AT 1:15 p.m. COST IS \$4, PAYABLE AT SIGN UP. FOLLOWING THE PIZZA, WE WILL SHOW THE MOVIE, "EZRA", STARRING ROBERT DE NIRO.



SWIMMING SCHEDULE AT THE WRENTHAM STATE SCHOOL POOL

TUESDAYS, FROM 10:00—11:00 A.M.
WEDNESDAYS, FROM 2:00—3:00 P.M.
FRIDAYS, FROM 10:00—11:00 A.M.

IMPORTANT: YOU MUST FILL OUT FORMS AT THE POOL BUILDING PRIOR TO YOUR FIRST SWIM. BE SURE TO CALL BEFORE YOU GO—508-384-3116—TO CONFIRM THE POOL IS OPEN. A GREAT WAY TO EXERCISE AND THE WATER IS WARM!

THE POOL WILL CLOSE ON NOVEMBER 27 AND REOPEN IN EARLY JANUARY.

****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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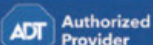
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