

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

This is the time of year at your Senior Center when things really begin to get busy! We have several important events coming up soon!

Powerful Tools for Caregivers begins on Tuesday, October 8—November 12, from 1:00—2:30 p.m. at the Wrentham Senior Center. The six week class is for caregivers of family or friends. Please see page 6 for more detailed information.

We will have a Meet & Greet with our new Veterans' Agent, Thursday morning at 9:00 a.m. on October 17. Scott Smith is our new agent and he will be here to discuss his role as the Veterans' Agent and answer your questions. He is looking forward to meeting you!

Also on Thursday, October 17 at 12:30 p.m., we will have Susan Flanagan with us to discuss "Your Health Plan Options". Susan has been coming to the Center for many years and is a great resource for those who are thinking about their options during Open Enrollment.

An important reminder: We could not produce our great newsletter without our local businesses, who support us by advertising in the newsletter. Please consider using them when it suits your needs!

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 October	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—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

BEGINNER MAH JONG—NEW START TIME

9:15 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

9:00 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 are discussed. All 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, Tues., October 1 @ 1:30 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, Oct. 3 & 17, and Mon., Oct. 7, by appointment only. Call the Center for 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, October 15, 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 October Selection for Thurs Oct. 10 is Unlikely Animals by Annie Hartnett. Set in the small New Hampshire town of Everton, depicted as the home of a real-life 19th century naturalist, Ernest Harold Baynes, a series of events revolve around the Starling family. MORE INFO: The town bartender is missing, the beloved 5th grade teacher is in distress when her husband is accused of drug-dealing, and a former football hero has returned home to care for his mother. When promising young would-be medical student Emma Starling returns home from college in California, she finds her family in a turmoil that matches her own. This wry and heartfelt novel involves a group of "town characters" who provide humor and invoke empathy as Emma responds to the challenges before her. 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

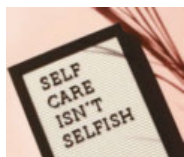


"October is the month of painted leaves. Their rich glow now flashes round the world." Henry David Thoreau

A Warm Welcome and salute to Wrentham, Plainville, and North Attleboro's New Veteran Services Officer, Scott Smith, USMC (Ret) ! As our Veterans Service Officer, Scott will help veterans' and their families with accessing the benefits and services they are entitled to and provide guidance and support as they navigate the challenges of post-military life.

Important: Medicare Open Enrollment

Now is the time to compare your current coverage to all your choices for 2025 and select the plan that best fits your needs and budget. Medicare's Open Enrollment period gives everyone with Medicare the opportunity to make changes to their prescription drug plans or health plans for coverage beginning January 1, 2025. But don't delay, the Open Enrollment period ends on December 7. Please schedule your appointment with our amazing SHINE Counselor, Mary Shephardson, 508-384-5425. Appointments fill up fast!



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 re-connected!

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

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, October 9 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. We hope to see you there!



Memory Café Wrentham.

Tuesday, October 22 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. Cafés 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, such as White Barn Farm in Wrentham and the Franklin Farmers' Market.

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.
 (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

SUPPORT OUR ADVERTISERS!

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.

2024-2025 LIHEAP (Low Income Home Energy Assistance Program) is a free resource to help eligible households pay a portion of their winter heating bills. No matter what type of heating source you have, oil, gas, electric, wood, etc., LIHEAP may be able to help you pay your winter heating bills. Wrentham residents are encouraged to explore eligibility for this free program and apply for assistance. Please call Outreach Worker, Robin Tobin, 508-384-5425 or RTobin@wrentham.gov for further information and income criteria.

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.

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 your a victim and/or witness of abuse, call (800) 922-2275 or online: <https://www.mass.gov/reporting-elder-abuse-neglect>

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

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.**

OCTOBER CALENDAR

MON	TUES	WED	THURS	FRI
	01	02	03	04
	9:30 Painting 9:30 Cribbage 12:00 Exercise 1:30 Drums Alive	9:15 Beginner Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch	9:00 Chair Yoga 10:00 Mani/Pedi 11:00 Sit & Stretch 12:30 Gentle Walk 1:00 Discussion 2:00 Floor Yoga	9:00 Grocery Shopping
07	08	09	10	11
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 1:00 Powerful Tools for Caregivers	9:15 Beginner Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch 1:00 Caregivers' Support Group	7:30 Turkey Train 9:00 Chair Yoga 12:30 Gentle Walk 1:00 Discussion 1:00 Low Vision Support, Franklin 2:00 Floor Yoga 3:30 Book Group	9:00 Grocery Shopping
14	15	16	17	18
HOLIDAY - COLUMBUS DAY! Senior Center is Closed	9:30 Painting 9:30 Cribbage 10:00 Chair Massage 12:00 Exercise 1:00 Powerful Tools for Caregivers	9:15 Beginner Mah Jong 10:00 Knit/Crochet 12:30 Your Aching Back—Accelerated Performance Rehab. 1:30 Creative Oasis Workshop	9:00 Meet & Greet Vet's Agent 9:00 Chair Yoga 10:00 Mani/Pedi 11:00 Sit & Stretch 12:30 Walking 12:30 Medicare Options, BC/BS 2:00 Floor Yoga	9:00 Grocery Shopping
21	22	23	24	25
9:00 Hiking Group 10:00 Games 1:00 Line Dancing 3:00 Qi Gong 3:30 COA Meeting	9:30 Painting 9:30 Cribbage 12:00 Exercise 1:00 Powerful Tools for Caregivers 2:00 Memory Cafe	9:00 SHINE 9:15 Beginner Mah Jong 10:00 Knit/Crochet 11:00 Rod Stewart 12:30 Pizza & Movie—A Man Called Otto	9:00 Chair Yoga 11:00 Sit & Stretch 12:30 Gentle Walking 1:00 Discussion Group 2:00 Floor Yoga	9:00 Grocery Shopping
28	29	30	31	
9:00 Hiking Group 9:00 SHINE 10:00 Games 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 12:00 Exercise 1:00 Powerful Tools for Caregivers	9:15 Beginner Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go	9:00 Chair Yoga 11:00 Sit & Stretch 12:30 Gentle Walking 1:00 Discussion Group 2:00 Floor Yoga	

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.

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! WAIT LIST ONLY!!

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 at sign up. WAIT LIST ONLY!!

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. Pay in full at sign up. No refunds for cancellations after 10/10/2024. LIMITED SPACE AVAILABLE!

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.

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

TRIPS (Continued)

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





MEET & GREET WITH OUR NEW VETERANS' AGENT, SCOTT M. SMITH!!

THURSDAY, OCTOBER 17, 2024 @ 9:00 A.M.

**WRENTHAM SENIOR CENTER
COME IN TO MEET SCOTT, HE IS LOOKING FORWARD TO MEETING THE RESIDENTS OF WRENTHAM, TALK WITH YOU AND TRY TO ANSWER ANY QUESTIONS YOU MAY HAVE. COFFEE, CIDER AND CIDER DONUTS WILL BE SERVED!**

CALL THE CENTER @ 508-384-5425 TO SIGN UP.

**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 October 10 meeting will feature guest speaker Bob McGillivray, from the Carroll Center for the Blind. 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.

CREATIVE OASIS

WEDNESDAY, OCTOBER 16 @ 1:30 P.M.

This is a free workshop. Intentional Visualization Taking Form. Delve into the seasonal shift with principles of mindful movement and basic art techniques. Access your unique purpose and creative spark to create your personal artwork using: Mindful movement and inspiration, Color, Texture and the Senses, Imagery and Expression. No experience necessary, one day session. Sign up at 508-384-5425 or email lplympton@wrentham.gov

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!

**HEALTH PLAN OPTIONS
THURSDAY, OCTOBER 17 @ 12:30 P.M.**

Are you Ready for the Medicare Annual Election Oct 15th through Dec 7th ?

Blue Cross Blue Shield of Massachusetts will be presenting Medicare Health Plan Options, this is a 45 minute presentation geared towards individuals on Medicare or approaching Medicare who may have questions about their health plan or other available plan types. The presentation will focus on the differences between Medigap and Medicare Advantage plans and explain when enrollees can switch plans. All are invited to attend regardless of insurance coverage.

Please call the Senior Center at 508-384-5425 to sign up for this forum.

YOUR ACHING BACK

PRESENTED BY ACCELERATED PERFORMANCE REHAB.

WEDNESDAY, OCTOBER 16 @ 12:30 P.M.

Do you have an aching back? Does it disturb walking, sleeping, driving, and enjoying life? Or do you want to avoid having back problems? Do you suffer from back pain that affects your daily life? Then come join us for our presentation on back- we will highlight the most common causes of low back pain and sciatica and how a problem in your back can cause pain, numbness, and tingling in your leg. You will also discover successful treatment options and possible at home remedies to help you.

Lunch will be provided. Please call the Senior Center at 508-384-5425 to sign up.

PIZZA & A MOVIE!

WEDNESDAY, OCTOBER 23, 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, "A MAN CALLED OTTO", STARRING TOM HANKS.

****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

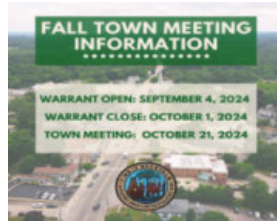


For ad info. call 1-800-477-4574 • www.4lpi.com

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

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.

WRENTHAM SENIOR CENTER OCTOBER 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 lpicomunities.com

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

