

Wrentham

COUNCIL ON AGING



LOOKING AHEAD

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.

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

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.



THE STAFF HERE AT THE WRENTHAM SENIOR CENTER WOULD LIKE TO EXTEND OUR BEST WISHES TO YOU FOR A HAPPY, HEALTHY HOLIDAY SEASON AND A VERY GOOD NEW YEAR!!

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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—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., December 3 @ 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, Dec. 5 & 19, and Tues., Dec. 10, by appointment only. Call the Center for an appointment for this special treat!

CHAIR MASSAGE

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

Our book selection for December 12 at 3:30 p.m. is Lucy by the Sea by Elizabeth Strout. "Rich with empathy and emotion, *Lucy by the Sea* vividly captures the fear and struggles that come with isolation, as well as the hope, peace, and possibilities that those long, quiet days can inspire." Sign up at the Senior Center or by emailing: lplympton@wrentham.gov

PODIATRIST, MONDAY, DECEMBER 2 @ 10:00 A.M. BY APPOINTMENT ONLY. PLEASE CALL THE SENIOR CENTER AT 508-384-5425 TO MAKE AN APPOINTMENT.

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



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Wrentham Council on Aging, Wrentham, MA

06-5380

The Holidays can be a difficult time for some; please know the local food pantry will be providing Holiday meals to registered participants. If you are interested in receiving a meal, please call and register with the Food Pantry, 508-384-3110 & <https://www.wrenthamfoodpantry.org/> HESSCO Elder Services will be providing Christmas meals to individuals in the community 60 years and older. If in need of a meal, please contact Robin Tobin for information.

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. LI-HEAP 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.

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/>



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, December 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. We hope to see you there



Memory Café Wrentham.

No Memory Café in December, next one will be Tuesday, January 28, 2025 @ 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 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.

Wrentham Senior Center Lifeline Program

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

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 your 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.

COA TRANSPORTATION INFORMATION

- THE SENIOR CENTER HAS A GATRA (GREATER ATTLEBORO TRANSPORTATION AUTHORITY) VAN, WHICH IS HANDICAPPED ACCESSIBLE. THE VAN IS USED TO TAKE SENIORS TO MEDICAL/DENTAL APPOINTMENTS, GROCERY SHOPPING, PHARMACIES, BANKS, THE POST OFFICE AND VARIOUS ERRANDS IN WRENTHAM AND SURROUNDING TOWNS (FRANKLIN, NORFOLK, FOXBOROUGH, AND PLAINVILLE). THE VAN OPERATES MONDAY—THURSDAY FROM 9:00 A.M. TO 1:30 P.M. AND ON FRIDAY MORNINGS FOR GROCERY SHOPPING AT STOP & SHOP IN PLAINVILLE. PLEASE CALL AT LEAST ONE DAY IN ADVANCE TO RESERVE YOUR TRIP. THE VAN IS FREE OF CHARGE TO WRENTHAM SENIORS AND UNDER 60 DISABLED CITIZENS.
- THE GATRA ON DEMAND UNITED SERVICE IS AVAILABLE TO WRENTHAM SENIORS OVER THE AGE OF 60 AND ALSO DISABLED RESIDENTS. THIS SERVICE IS AVAILABLE FOR MEDICAL APPOINTMENTS AND OTHER NEEDS. GET PICKED UP ON DEMAND IN FRANKLIN, NORFOLK, WRENTHAM AND FOXBOROUGH. THE HOURS OF OPERATION ARE MONDAY—FRIDAY, 7:00 A.M.—6:00 P.M. AND SATURDAY, 9:00 A.M.—6:00 P.M. FARES ARE \$2.00 ONE WAY. CALL IN REQUESTS REQUIRE CASH WHEN BOARDING. DOWNLOAD THE APP (SEARCH FOR GATRA GO UNITED) OR CALL 800-698-7676. WWW.GATRA.ORG/GATRA-GO-UNITED
- GATRA "MILES FOR HEALTH", LONG DISTANCE MEDICAL TRANSPORTATION, SERVING FRANKLIN, FOXBOROUGH, NORFOLK AND WRENTHAM. MILES FOR HEALTH IS SHARED LONG DISTANCE TRANSPORTATION SERVING RESIDENTS OVER 60 YEARS OF AGE AND/OR DISABLED RESIDENTS. RESERVATIONS ARE TAKEN MONDAY, TUESDAY, THURSDAY AND FRIDAY FOR BOSTON APPOINTMENTS AND WEDNESDAY FOR ALL OTHER LONG DISTANCE APPOINTMENTS. APPOINTMENTS MUST BE MADE BETWEEN THE HOURS OF 9:00 A.M. AND 1:00 P.M. WHEN YOU CALL, PLEASE HAVE THE FOLLOWING INFORMATION HANDY: WHERE YOU ARE TO BE PICKED UP, THE DATE TIME AND DESTINATION OF YOUR APPOINTMENT, A TELEPHONE NUMBER OF THE DOCTOR'S OFFICE OR MEDICAL FACILITY. THE DONATION FOR THE RIDE IS \$10, MAILED TO GATRA, 10 OAK STREET, TAUNTON, MA 02780. PLEASE CALL 800-698-7676 TO MAKE A RESERVATION AT LEAST 48 HOURS IN ADVANCE.
- THE TITLE III-B TRANSPORTATION PROGRAM THROUGH HESSCO ELDER SERVICES. "LAST RESORT TRANSPORTATION", MUST BE MADE THROUGH THE COUNCIL ON AGING. PLEASE CONTACT JANET ANGELICO, SENIOR CENTER DIRECTOR, AT 508-384-5425 TO MAKE A REQUEST FOR A RIDE.
- PLEASE CALL THE SENIOR CENTER FOR ADDITIONAL TRANSPORTATION RESOURCES.

DECEMBER CALENDAR

MON	TUES	WED	THURS	FRI
02	03	04	05	06
9:00 SHINE 9:00 Hiking Grp. 9:30 Podiatrist 10:00 Games 1:00 Line Dance 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 11:00 Kenny & Dolly 12:00 Exercise 1:30 Drums Alive	9:15 Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch	9:00 Chair Yoga 10:00 Mani/Pedi 12:30 Gentle Walk 1:00 Discussion 2:00 Floor Yoga	9:00 Grocery Shopping Senior Center is closed today.
09	10	11	12	13
9:00 SHINE 9:00 Hiking Group 10:00 Games 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 10:00 Mani/Pedi 12:00 Exercise	9:15 Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch 1:00 Caregivers' Support Group	9:00 Chair Yoga 12:00 Holiday Party! 1:00 Low Vision Support, Franklin 2:30 Floor Yoga 3:30 Book Group	9:00 Grocery Shopping
16	17	18	19	20
9:00 SHINE 9:00 Hiking Grp. 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	9:15 Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch 12:30 Pizza & Movie—"The Miracle Club"	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
23	24	25	26	27
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 **Senior Center closes at 1:00p.m.	HOLIDAY - MERRY CHRISTMAS! Senior Center is Closed	9:00 Chair Yoga 11:00 Sit & Stretch 12:30 Gentle Walk 1:00 Discussion 2:00 Floor Yoga	9:00 Grocery Shopping
30	31	01/2025!		
9:00 SHINE 9:00 Hiking Group 10:00 Games 1:00 Line Dance 1:00 Elder Law 3:00 Qi Gong	9:00 New Year's Eve at Noon 9:30 Painting 9:30 Cribbage 12:00 Exercise	HOLIDAY - HAPPY NEW YEAR!! Senior Center is Closed today.		

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.

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!
WAIT LIST ONLY!!

NEW YEAR'S EVE AT NOON

TUESDAY, 12/31/2024\$132.00
We bring in the New Year (at noon), enjoying a 2-hour cruise around Boston Harbor all the while being entertained with music, dancing and a buffet lunch. **WAIT LIST ONLY!!**

WRIGHT'S CHICKEN FARM

THURSDAY, 1/16/2025.....ALL PAY \$25.00
All You Can Eat chicken lunch. After lunch, enjoy a few Bingo Games for cash prizes. A stop will be made at Wright's Bakery. **WAIT LIST ONLY!!**

NOTE: SIGN UP FOR THE FOLLOWING DAY TRIPS WILL COMMENCE ON TUESDAY, 1/16/2025

O'McMURPHY BROTHERS

FRIDAY, 3/14/2025.....\$131.00

Celebrating St. Patrick's Day in all things Irish; music, humor and heritage will come alive with a trio of fun loving "Leprechauns" also known as Jeff & Ann Barnhart and Scott Kahn! Travel to Danversport Yacht Club; depart at 10:00 a.m. Select meal entrée of either Corned Beef & Cabbage or Boneless Chicken Breast.

SUPREME REFLECTIONS

WEDNESDAY, 4/23/2025.....\$138.00
The ultimate tribute to the music of Diana Ross & the Supremes. The most famous female singing group of all times. Join us as we travel by motor coach to Venus DeMilo in Swansea, MA (depart time TBA). Select lunch entrée of Stuffed Chicken Breast or Baked Schrod. No refund for cancellations received after 4/1/2025.

THE DOOBIE BROTHERS

WEDNESDAY, 5/21/2025.....\$94.00

The National Touring Show, Takin It To The Streets, will perform all of The Doobie Brothers great hits with vocal skill and top notch musicianship! This is a Drive On Your Own event a Lake Pearl, arriving no earlier than 11:00 a.m. Select lunch entrée of either Baked Stuffed Chicken or Vegetable Lasagna at sign up. No refunds for cancellations received after 4/29/2025.

TITANIC

WEDNESDAY, 5/7/2025.....\$141.00

Experience the wonder and tragedy of the world's most famous ocean liner! This exhibition is one of the highest attended in history. We travel to The Castle at Park Place, Boston, for our tour of the respectfully recovered artifacts. **NOTE: There is a lot of walking on this tour and it may not be ideal for mobility challenged guests.** Depart time is 8:45 a.m., with an estimated return time of 4:00 p.m. Our lunch will be at Maggiano's for a delicious family style lunch; refer to the flyer for the menu.

MOBSTERS & LOBSTERS TROLLEY

WEDNESDAY, 6/4/2025.....\$191.00

Back by popular demand! We depart the Senior Center via motor coach at 9:00 a.m., with an estimated return time of 3:30 p.m., to pick up our Trolley in Boston to start our tour taking in historic heists, mobster hide-aways and 'hangouts', all the while listening to tales of thievery and scams. A tour not to be missed!! After the tour, we will have lunch at The Venezia where your meal choice will be served. Please select one of the following entrees at sign up; lobster, New York sirloin steak, Chicken Parmesan, Baked Haddock, Braised Short Rib or Vegetarian.

TRIPS (Continued)

OVERNIGHT TRIPS: ARK ENCOUNTER/NOAH, SAT.—THURS., 4/12—17/2025. An Ultimate Combination Trip—Hit show NOAH; The Creation Museum; The Ark Encounter; River Boat Dinner Cruise and Guided Tours highlighting Northern Kentucky and Cincinnati! Pricing is: \$2,019 pp dbl. A deposit of \$500 per person must be made at sign up. If optional Travelers' Ins. Is desired, the \$98 must be paid with deposit. Final payment is due 2/3/2025. Full itinerary on flyer at the Senior Center. Sign up Now.

ALASKA, 12 DAYS/11 NIGHTS, AUGUST 12—23, 2025. America's last frontier!! We tour Alaska by land and by sea with a valid passport being required. Pricing for trip dependent on state-room selection aboard the Sapphire Princess, plus taxes, transfers and gov't. fees. A deposit of \$700 required at sign up and optional Travel Ins. must be paid with deposit. For full itinerary, please obtain a flyer at the Senior Center. Sign up Now.

2025 OVERNIGHT TRIPS IN THE PLANNING STAGE: NEW YORK CITY, MONTREAL & QUEBEC

2025 DAY TRIPS STILL IN PLANNING STAGE: FLEETWOOD MAC TRIBUTE, TOM JONES TRIBUTE, JOHN DENVER TRIBUTE, HOLIDAY TRIBUTE SHOW/TONY BENNETT & BARBARA STREISAND

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

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





HOLIDAY PARTY AT THE SENIOR CENTER!

THURSDAY, DECEMBER 12, 12 NOON—2:00 p.m.

**JOIN US FOR A HOLIDAY CELEBRATION FEATURING
THE GROUP, “MUSICAL MEMORIES DUET & GUITAR”**

**A CATERED LUNCH FROM CAFÉ ASSISI, INCLUDING SALAD, MEATBALLS & PENNE
PASTA WITH SAUCE AND DESSERT!**

WE WILL ALSO HAVE A FUN HOLIDAY RAFFLE.

**WRENTHAM SENIORS, PLEASE JOIN US AND SIGN UP FOR THE PARTY BY
THURSDAY, DECEMBER 5. (ALL OTHERS, FROM DEC. 5 TO 11.)**

PIZZA & A MOVIE!

WEDNESDAY, DECEMBER 18. 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, “THE MIRACLE CLUB”, STARRING DAME MAGGIE SMITH & KATHY BATES.

**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 December is Thursday, December 12. 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.

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!!

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

**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.**

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