

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
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- Robin Tobin**
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rtobin@wrentham.gov
- Linda Plympton**
Administrative Assistant
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- Lou Poncia**
Van Driver
- Mark 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

AARP TAX ASSISTANCE—2024

AARP Income Tax Assistance is tentatively scheduled to begin on Friday, February 7, from 9:00 a.m. to 12 noon. We will not begin to schedule appointments until Wednesday, January 15. DO NOT CALL the Senior Center until this date. When you make your appointment you will be required to pick up an intake/review form and fill out the first half of the form before your appointment. An AARP volunteer will help you complete the rest of the form when you come in for your appointment. You should have with you all of your tax information and identification with you for your appointment.

THE WRENTHAM SENIOR CENTER ASKS THAT YOU DO NOT COME INTO THE CENTER IF YOU DO NOT FEEL WELL! PLEASE TAKE CARE OF YOURSELF AND EVERYONE ELSE! THANK YOU!

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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

9:00 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

GENTLE WALKING IS ON HIATUS FOR THE WINTER & WILL RETURN IN THE SPRING.

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, Tues., Jan. 7 & Feb. 4 @ 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—Jan. 2, 14 & 30 and Feb. 6, 11 & 20, 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, Jan. 21 and Feb. 18 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

**Winter is a perfect time for reading whatever strikes your fancy so there is no January book discussion. I will offer a book sharing meeting on January 16 at an afternoon tea at the COA or by Zoom, weather depending. Please sign up to receive the email with up to the minute details. Meanwhile—happy reading into the Winter.

Our 2025 Spring book group will begin in February with the book for the February group to be announced at the January book sharing meeting.

PODIATRIST, THURS., JANUARY 16 & MON., FEB. 3 @ 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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06-5380



“Wishing you an amazing year ahead with a bundle of blessings and good health. Cheers!”

A warm “thank you” to those who have contributed to the Public Health Nurses’ Senior Giving Tree as well as our Outreach Holiday Gift Fund. Your generosity means everything especially to the community we serve!

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 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 Jan. 8 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! *Please note there will be no formal Caregiver meeting on Wednesday, February 12th as we invite our Caregivers and guests to attend “Meet the Author!”* Claire Mauro will give a presentation of her book written with Diane Simoni For Grief’s Sake: The Resilient Caregiver Caring and Coping Well is not just another how-to manual; it’s a heart book— a compassionate companion that offers the understanding and tools you need to face your grief while caregiving. This event will take place Wednesday, February 12th at 1:00pm. Please be sure to sign up for this event and we look forward to seeing you!



Memory Café Wrentham.

Tuesday, January 28, 2025 @ 2:00 p.m. and February 25 @ 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.

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.

Project Bread's Food Source Hotline (1-800-645-8333) is a statewide, confidential resource line designated to help people across Massachusetts access a variety of food resources including SNAP. Our hotline counselors can offer SNAP eligibility screenings and provide over-the-phone application assistance to help those who may be intimidated by the application process. We can also provide information on food pantries, community meals, and other low cost food programs.

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 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 Meals on Wheels Program/ Home Delivered Meals: HESSCO provides home-delivered meals to consumers who would otherwise have difficulty getting to congregate meal sites, such as the senior center. For those who are determined to be eligible, a hot meal can be delivered between the hours of 10:30 am and 1:00 pm. Monday thru Friday. Others with additional needs may be able to receive a frozen or weekend meal. Lunches are the same hot meals that are served at our congregate meal sites. Breakfast meals are also available. Volunteer drivers bring all of these meals to consumers' homes. This person-to-person contact also serves as a check on the consumer's condition. Please contact HESSCO 781-784-4944 or Robin Tobin, Outreach Worker, 508-384-5425.

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LEGAL CLINIC

Next Legal Clinic will take place Monday, February 24, 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!

Check up for the neck up:

Winter can be a challenging season for senior citizens. The cold, dry air can aggravate arthritis, the snow is cumbersome, and the bitter cold keeps many people indoors. It is natural to stay inside more during the cold winter months, but the winter blues can sneak upon individuals without them even noticing.

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 Life line NE Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

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.

JANUARY CALENDAR

MON	TUES	WED	THURS	FRI
		01	02	03
		<p>HOLIDAY - NEW YEAR'S DAY</p> <p>Senior Center is Closed.</p>	<p>9:00 Chair Yoga 10:00 Mani/Pedi 11:00 Sit & Stretch 1:00 Discussion 2:00 Floor Yoga</p>	<p>9:00 Grocery Shopping</p>
06	07	08	09	10
<p>9:00 SHINE 9:00 Hiking Group 10:00 Games 1:00 Line Dance 3:00 Qi Gong</p>	<p>9:30 Painting 9:30 Cribbage 12:00 Exercise 1:30 Drums Alive</p>	<p>9:00 Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch 1:00 Caregivers' Support Group</p>	<p>9:00 Chair Yoga 11:00 Sit & Stretch 1:00 Discussion 1:00 Low Vision Support, Franklin 2:00 Floor Yoga</p>	<p>9:00 Grocery Shopping</p>
13	14	15	16	17
<p>9:00 SHINE 9:00 Hiking Grp. 10:00 Games 1:00 Line Dance 3:00 Qi Gong</p>	<p>9:30 Painting 9:30 Cribbage 10:00 Mani/Pedi 12:00 Exercise</p>	<p>9:00 Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch 12:30 Pizza & Movie—"Thelma"</p>	<p>9:00 Chair Yoga 9:30 Podiatrist 10:30 Wrights' 11:00 Sit & Stretch 1:00 Discussion 2:00 Floor Yoga 3:30 Book Share</p>	<p>9:00 Grocery Shopping</p>
20	21	22	23	24
<p>HOLIDAY—MARTIN LUTHER KING DAY</p> <p>Senior Center is Closed.</p>	<p>9:30 Painting 9:30 Cribbage 10:00 Chair Massage 12:00 Exercise</p>	<p>9:00—11:00 Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch 1:30 Illusionist Lynn Dillies!!</p>	<p>9:00 Chair Yoga 11:00 Sit & Stretch 1:00 Discussion 2:00 Floor Yoga</p>	<p>9:00 Grocery Shopping</p>
27	28	29	30	31
<p>9:00 SHINE 9:00 Hiking Group 10:00 Games 1:00 Line Dance 3:00 Qi Gong</p>	<p>9:30 Painting 9:30 Cribbage 12:00 Exercise 2:00 Memory Cafe</p>	<p>9:00 Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go Lunch **Senior Center closes at 1:00 pm</p>	<p>9:00 Chair Yoga 10:00 Mani/Pedi 11:00 Sit & Stretch 1:00 Discussion 2:00 Floor Yoga</p>	<p>9:00 Grocery Shopping</p>

FEBRUARY CALENDAR

MON	TUES	WED	THURS	FRI
				
03	04	05	06	07
9:00 Hiking Group 9:00 SHINE 9:30 Podiatrist 10:00 Games 1:00 Line Dancing 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 12:00 Exercise 1:30 Drums Alive	9:30 Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go	9:00 Chair Yoga 10:15 Mani/Pedi 11:00 Sit & Stretch 2:00 Floor Yoga	9:00 Grocery Shopping
10	11	12	13	14
9:00 Hiking Group 9:00 SHINE 10:00 Games 1:00 Line Dancing 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 10:15 Mani/Pedi 12:00 Exercise	9:30 Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go 1:00 Presentation —The Resilient Caregiver	9:00 Chair Yoga 11:00 Sit & Stretch 11:00 Low Vision at the Franklin Senior Center 2:00 Floor Yoga 3:30 Book Group	9:00 Grocery Shopping
17	18	19	20	21
HOLIDAY - PRESIDENTS' DAY! Senior Center is closed.	9:30 Painting 9:30 Cribbage 10:00 Chair Massage 12:00 Exercise	9:30 Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go 12:30 Pizza & Movie, "The Long Game"	9:00 Chair Yoga 10:15 Mani/Pedi 11:00 Sit & Stretch 2:00 Floor Yoga	9:00 Grocery Shopping
24	25	26	27	28
9:00 Hiking Group 9:00 SHINE 10:00 Games 1:00 Line Dancing 1:00 Legal Clinic 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 12:00 Exercise 2:00 Memory Café!	9:30 Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go	9:00 Chair Yoga 11:00 Sit & Stretch 2:00 Floor Yoga	9:00 Grocery Shopping

PLEASE REMEMBER TO SIGN IN ON MYSENIORCENTER!

SENIOR CENTER TRIP ANNOUNCEMENTS

ALL DAY TRIP SIGN UPS FOLLOWING WRIGHT'S CHICKEN FARM WILL COMMENCE ON TUESDAY, 1/16/25 FOR WRENTHAM SENIORS. NON WRENTHAM SENIORS SIGN UP DATE IS THURSDAY, 1/30/25.

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. Pay in full by 2/14.

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 Scrod. No refund for cancellations received after 4/1/2025. Pay in full by 3/20.

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. Must pay in full by 4/10/25.

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. Must pay in full by 4/8/25.

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. Pay in full by 5/6/25.

FLEETWOOD MACKED

TUESDAY, 6/17/2025.....\$94.00

The show is considered the most visually and sonically authentic tribute to Fleetwood Mac in the U>S>A. This is a Drive On Your Own to Lake Pearl, arriving no earlier than 11:00 a.m. Select lunch entrée of either Chicken Parmesan or Wild Mushroom Risotto at sign up. This is a power packed show; do not miss this amazing performance. There are no refunds for cancellations received after 5/27/25. Must pay in full by Thursday 5/8/25

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.**

NOTE: INFORMATION FOR THE NEW YORK CITY (JUNE) AND THE MONTREAL/QUEBEC (JULY) TRIPS WERE NOT RECEIVED IN TIME FOR THIS NEWSLETTER. IF YOU HAVE ANY INTEREST IN THESE TRIPS, PLEASE CALL TO FIND OUT IF THE TRIP FLYERS HAVE BEEN RECEIVED.

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 FOR A TRIP.

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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THE MAGIC OF LYN DILLIES—ILLUSIONIST WEDNESDAY, JANUARY 22 AT 1:30 P.M.

Lyn Dillies is the most highly acclaimed female illusionist in America. She delivers a dazzling display of spectacular magic for audiences of all ages. Lyn's power of magic and sleight of hand will astound you, she is the only Las Vegas style magic show in the New England area! Join us for an amazing afternoon of entertainment at the Wrentham Senior Center. Please sign up for this free special afternoon by calling 508-384-5425 or at the Front Desk. Sign up early—space is limited!

MEET THE AUTHOR, February 12 at 1pm
Claire Mauro will give a presentation of her book, written with Diane Simoni:

For Grief's Sake: The Resilient Caregiver Caring and Coping Well

It is not just another how-to manual; it's a heart book— a compassionate companion that offers the understanding and tools you need to face your grief while caregiving. Through relatable stories, expert insights, and practical exercises, you will learn how to:

- **Reflect and Feel:** Discover the importance of acknowledging your losses, allowing yourself to grieve the present as you prepare for the future.
- **Connect and Lean In:** Engage with your emotions and connect with others on a similar path, reinforcing the idea that you are not alone in this journey.
- **Stretch and Strengthen:** Build resilience through self-care practices that enhance both your well-being and your ability to provide care.

Please sign up 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!!

PIZZA & A MOVIE!

WEDNESDAY, JANUARY 15 & FEBRUARY 19
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 MOVIES THELMA IN JANUARY AND THE LONG GAME IN FEBRUARY.

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 IS SCHEDULED TO BE CLOSED UNTIL EARLY JANUARY. BE SURE TO CALL FIRST TO MAKE SURE THEY HAVE REOPENED.

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Inclement Weather Policy:

In the event of Inclement weather the Wrentham Senior Center follows the Closing and Delays for the Wrentham Public Schools not the King Philip Regional High School; Please call the Senior Center, 508-384-5425, before venturing out in unsafe weather conditions!

WRENTHAM SENIOR CENTER JANUARY & FEBRUARY 2025 NEWSLETTER



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