

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

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Donna Martin
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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

WRENTHAM SENIORS:

WOULD YOU LIKE TO CONTINUE TO RECEIVE THE NEWSLETTER?

Please take a few minutes to call the Senior Center to ensure continued delivery at 508-384-5425 or email us at lplympton@wrentham.gov and let us know if you would like to continue to receive all the Senior Center news and list of activities. Due to the continuing rise in mailing costs, we ask that you let us know your preference. Delivery will continue as always, with no interruptions.

Just a reminder: Wrentham seniors are welcomed to visit the Senior Center and warm up in the event you lose power and/or heat during Senior Center hours. We are blessed to have a generator that can efficiently provide us with electricity and heat in the event of a power outage!

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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. NO GROUP IN FEBRUARY, MAY BEGIN AGAIN IN MARCH.

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

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.

****A Quick Note: all Senior Center programs are subject to change at any time. "Typos" may happen! Thanks for understanding!****

MONTHLY EVENTS AT THE SENIOR CENTER

3

DRUMS ALIVE, Tues., March 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—March 6, 11 & 20, by appointment only. Call the Center for an appointment for this treat!

CHAIR MASSAGE

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

BOOK GROUP

THURSDAY, MARCH 13 AT 3:30 P.M.

Our selection is "Joan is OK", by Weike Wang. Joan is an ICU doctor teaching and practicing in a NYC hospital, while struggling to be okay with everything and everyone. She balances her work life, her family life and the expectations placed upon her via her Chinese and American identities. Sign up at the Senior Center or by emailing lplympton@wrentham.gov

PODIATRIST, MONDAY, MARCH 17 @ 9:30 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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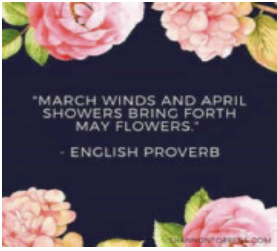
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Wrentham Council on Aging, Wrentham, MA

06-5380



Happy St. Patrick's Day!
Be sure to sport your green on Monday, March 17!!



Spring Forward! Daylight Savings will take place on Sunday, March 9 at 2:00 a.m. Remember to set your clock ahead by one hour!

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.

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, March 12 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, March 25 @ 2:00 p.m.

We are pleased to announce and welcome Destiny Carraturo, Director of Community Relations at the All American Assisted Living in Wrentham! Destiny and her Team will be hosting the March Memory Café and providing us with a fun activity as well as refreshments!

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.

Eversource Payment Plans & 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.

Call Eversource directly, **866-861-6225** or <https://www.eversource.com/content/ema-c/residential/account-billing/payment-assistance>

National Grid Plans & Assistance— Offers a number of assistance programs and deferred payment options. Call **1-800-322-3223** or <https://www.nationalgridus.com/MA-Home/Bill-Help/>

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, April 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!

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.

MARCH CALENDAR

7

MON	TUES	WED	THURS	FRI
03	04	05	06	07
*Daylight Savings time begins on Sunday, 3/9 at 2:00 a.m.	9:30 Painting 9:30 Cribbage 12:00 Exercise 1:30 Drums Alive	9:00 Mah Jong 10:00 Knit/ Crochet 12:00 Grab & Go Lunch	9:00 Chair Yoga 10:00 Mani/Pedi 11:00 Sit & Stretch 1:00 Discussion 2:00 Floor Yoga	9:00 Grocery Shopping 9:00 AARP Taxes By Appointment
10	11	12	13	14
9:00 SHINE 9:00 Hiking Group 10:00 Games 1:00 Line Dance 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 10:00 Mani/Pedi 12:00 Exercise	9:00 Mah Jong 10:00 Knit/ Crochet 12:00 Grab & Go Lunch 1:00 Caregivers' Support Group	9:00 Chair Yoga 11:00 Sit & Stretch 12:30 Medicare Overview & Lunch 1:00 Discussion 1:00 Low Vision Support, Franklin 2:00 Floor Yoga 3:30 Book Group	9:00 Grocery Shopping 9:00 AARP Taxes By Appointment 10:00 Trip - O'McMurphy Brothers
17	18	19	20	21
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 10:00 Chair Massage 12:00 Exercise	9:00 Mah Jong 10:00 Knit/Croch. 12:00 Grab & Go - Special St. Pat's Lunch Menu 12:30 Pizza & Movie—"The Fabulous Four"	9:00 Chair Yoga 10:00 Mani/Pedi 11:00 Sit & Stretch 1:00 Discussion 2:00 Floor Yoga *1st Day of Spring!	9:00 Grocery Shopping 9:00 AARP Taxes By Appointment
24	25	26	27	28
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 2:00 Memory Cafe	9:00 Mah Jong 10:00 Knit/ Crochet 12:00 Grab & Go Lunch	9:00 Chair Yoga 11:00 Sit & Stretch 1:00 Discussion 2:00 Floor Yoga	9:00 Grocery Shopping 9:00 AARP Taxes By Appointment
31				
9:00 SHINE 9:00 Hiking Group 10:00 Games 1:00 Line Dance 3:00 Qi Gong				

SENIOR CENTER TRIP ANNOUNCEMENTS

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WE AGAIN THANK THE FRIENDS OF WRENTHAM SENIOR CITIZENS INC., FOR PROVIDING A GRANT TO THE WRENTHAM SENIORS THAT WILL PAY 1/2 THE COST OF DAY TRIPS IN 2025 UP UNTIL THE TIME THE GRANT IS DEPLETED.

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 Chick. Breast. Pay in full @ sign up

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 @ sign up

TITANIC WED., 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. Pay in full by 4/8/2025.

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 after 4/29/2025. Pay in full by 4/10/25.

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 after 5/27/25. Pay in full by 5/8/25.

SALEM CROSS INN

TUESDAY, 7/8/25.....\$114.00
The inn was built in 1705 and retains an extensive collection of American antiques, fine furnishings and an enormous fireplace! A step on guide will narrate the history of the reservoir and how four towns in Swift River Valley were flooded to create a drinking supply for Boston and surrounding towns. After our tour, a traditional New England luncheon awaits! Choose entrée of Chicken Pot Pie or Yankee Pot Roast at sign up. Motor coach departs at 8:45 a.m. with an est. return of 4:30 p.m. Sign up now and pay in full no later than Tues., 6/3/25.

TRIPS (Continued)

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NOTE: The ARK ENCOUNTER/NOAH trip scheduled for 4/12—17/2025 has been cancelled by the Tour Company. Other 2025—2026 dates are being explored.

NOTE: The ALASKA trip scheduled 8/12—23/2025 is no longer available for reservations!

NEW YORK CITY

3 DAYS/2 NIGHTS

JUNE 19—21, 2025

BY MOTOR COACH TRANSPORTATION, WE WILL VISIT THE SEPTEMBER 11 MUSEUM & MEMORIAL ALONG WITH A VISIT TO THE STATUE OF LIBERTY AND ELLIS ISLAND! THIS IS A PERFECT TRIP FOR TRAVELERS WANTING TO TRULY EXPERIENCE NY CITY AND HAVE THE FREE TIME TO ENJOY IT! A BROADWAY SHOW IS INCLUDED—YOU GET TO CHOOSE FROM WHAT IS OFFERED PRIOR TO YOUR FINAL PAYMENT. PLEASE REFER TO THE FLYER FOR MORE DETAILS. \$1,119 PER PERSON/DOUBLE. OPTIONAL TRAVEL INS. IS \$74 PER PERSON. A DEPOSIT OF \$350 IS DUE UPON REGISTRATION WITH FINAL PAYMENT DUE 4/18/25

MONTREAL/QUEBEC

4 DAYS/3 NIGHTS

JULY 15—18, 2025

THERE IS A FULL ITINERARY HIGHLIGHTING TWO OF CANADA'S GREAT CITIES. WE TRAVEL VIA MOTOR COACH TO MONTREAL. TWO NIGHTS LODGING AT MARRIOTT CHATEAU CHAMPLAIN IN DOWNTOWN MONTREAL AND ONE NIGHT AT MARRIOTT DELTA IN QUEBEC; 4 MEALS AND TOURING AS DESCRIBED ON THE FLYER. (PLEASE REFER TO THE FLYER FOR FULL ITINERARY). \$1,319 PER PERSON/DOUBLE. OPTIONAL TRIP INS. IS \$86 PER PERSON. A DEPOSIT OF \$300 IS DUE UPON REGISTRATION, FINAL DUE 5/15/25.

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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Wrentham Council on Aging, Wrentham, MA

06-5380

Planning for Medicare

Thursday, March 13 at 12:30 p.m.

Led by a Blue Cross Blue Shield of Massachusetts representative, this presentation is tailored for individuals approaching Medicare eligibility. Topics include an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans, and programs available to early retirees. This session is ideal for individuals who may still be working and looking to transition. You do not have to be a BC/BS member to attend, the session is for everyone.

Lunch will be offered for this informational session. Please call the Senior Center at 508-384-5425 or email jangelico@wrentham.gov to reserve a spot by Tuesday, March 11.



GRAB & GO LUNCH—ST. PATRICK'S DAY SPECIAL, WEDNESDAY, MARCH 19

A GRAB & GO LUNCH CONSISTING OF A CORNED BEEF & CHEESE SANDWICH ON RYE BREAD. YOU MUST ORDER THE LUNCH NO LATER THAN FRIDAY MARCH 7 BY CALLING JANET AT 508-384-5425.

PIZZA & A MOVIE!

WEDNESDAY, MARCH 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 MOVIE "THE FABULOUS FOUR", STARRING BETTE MIDLER AND SUSAN SARANDON. A CHARMING COMEDY.

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!!

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 is on Thursday, March 13. 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.

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! BE SURE TO CALL FIRST TO MAKE SURE THEY ARE OPEN BEFORE GOING!

**VA EXPO AT GILLETTE STADIUM
TUESDAY, 3/11/25, SSN ending in 0-49
WEDNESDAY, 3/12/25, SSN ending in 50-99
FROM 9:00 A.M.—4:00 P.M.**

You're invited to get assistance enrolling in:

-VA health care

-Applying for disability compensation

-Accessing other benefits you've earned.

1 Patriot Place, Entrance W3

This is an exclusive event for Veterans and their families in the Boston area. Don't miss this opportunity to access the benefits you've earned.

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!

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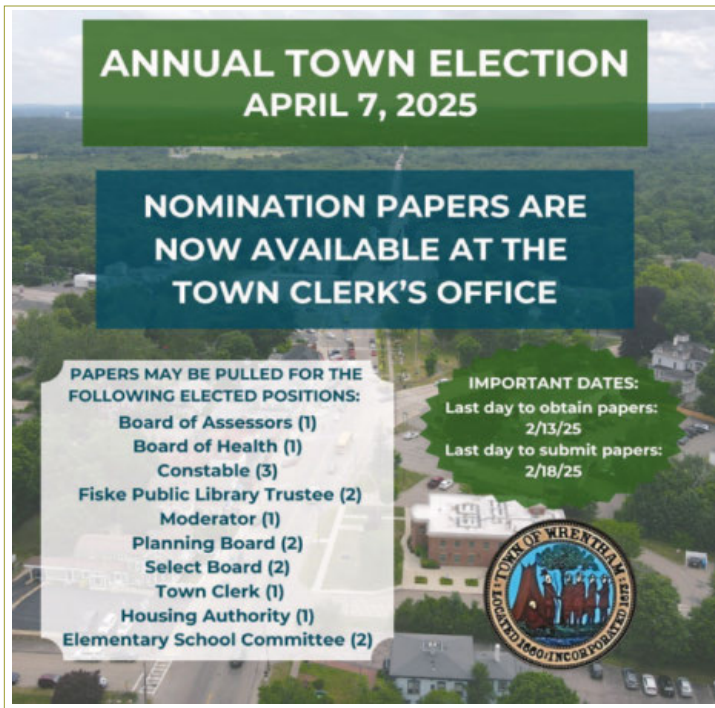
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ANNUAL TOWN ELECTION
APRIL 7, 2025

NOMINATION PAPERS ARE NOW AVAILABLE AT THE TOWN CLERK'S OFFICE

PAPERS MAY BE PULLED FOR THE FOLLOWING ELECTED POSITIONS:

- Board of Assessors (1)
- Board of Health (1)
- Constable (3)
- Fiske Public Library Trustee (2)
- Moderator (1)
- Planning Board (2)
- Select Board (2)
- Town Clerk (1)
- Housing Authority (1)
- Elementary School Committee (2)

IMPORTANT DATES:
Last day to obtain papers: 2/13/25
Last day to submit papers: 2/18/25



WRENTHAM SENIOR CENTER MARCH 2025 NEWSLETTER



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