

# Wrentham

## COUNCIL ON AGING



## LOOKING AHEAD

### CENTER STAFF

**Janet Angelico**

*Senior Center Director,  
Transportation*

[jangelico@wrentham.gov](mailto:jangelico@wrentham.gov)

**Robin Tobin**

*Outreach Worker, Notary*  
[rtobin@wrentham.gov](mailto:rtobin@wrentham.gov)

**Linda Plympton**

*Administrative Assistant*  
[lplympton@wrentham.gov](mailto:lplympton@wrentham.gov)

**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

400 Taunton Street, Wrentham, MA 02093

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

[www.wrentham.gov](http://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.

We are entering the spring season with the hope of warmer weather! We have some interesting events coming up in April that I hope you will attend:

On Wednesday, April 2 at 1:00 p.m., we have Bob Ainsworth, author of the book “Duped”, a fictional account of the theft at the Isabella Stewart Gardener Museum in 1990. Bob will be here to discuss the actual details behind the theft, the suspects and the motives behind the world’s most valued art theft. Please call to sign up for this fascinating talk.

Wednesday, April 23 at 1:00 p.m., we have invited Lauren Gregory, an Assisted Living Locator, back for another “Lunch & Learn” session. Lauren will conduct a round table discussion on care options during or after a hospital stay. Lunch will be provided, please call at 508-384-5425 or email [lplympton@wrentham.gov](mailto:lplympton@wrentham.gov) to sign up.

On Thursday, April 24 from 10:30 a.m.—1:00 p.m., the Metacomet Public Health Nurses will be hosting a Health Fair here at the Senior Center. You are all invited to come and meet 20 local agencies and companies who offer many services. Admission is free!

More details on these programs can be found inside your newsletter.

### 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 April	10
Town Announcements	12



# WEEKLY CLASSES & ACTIVITIES

## MONDAY

### HIKING GROUP

9:00 A.M., MEETS IN THE SENIOR CENTER PARKING LOT. MODERATE WALKING THRU THE TRAILS OF THE TOWN FOREST. SOME WINDING AND HILLY TERRAIN.

### SHINE

9:00 A.M.—12:00 NOON

OUR VOLUNTEER SHINE COUNSELOR WILL BE AVAILABLE ON MONDAYS BY APPOINTMENT ONLY. PLEASE CALL FOR AN APPOINTMENT.

### GAMES

10:00 A.M.—12 NOON

COME IN AND JOIN A FUN GROUP. VARIOUS GAMES ARE PLAYED, LET US KNOW WHAT GAMES YOU WOULD LIKE TO PLAY!

### LINE DANCING

1:00 P.M.—2:00 P.M.

COST: \$2

ENJOY GREAT EXERCISE WHILE LEARNING THE LATEST LINE DANCES!

### QI GONG—MOVEMENT & MINDFULNESS FOR WOMEN'S HEALTH

3:00 P.M.—3:45 P.M.

COST: \$2

BENEFITS OF QI GONG INCLUDE LOWERED STRESS AND ANXIETY, INCREASED FOCUS, AND IMPROVED BALANCE AND FLEXIBILITY.

## TUESDAY

### PAINTING GROUP

9:30 A.M.—11:30 A.M.

THE PAINTING GROUP IS A RELAXED GROUP OF PEOPLE WHO COME IN TO LEARN FROM EACH OTHER AND PRACTICE THEIR SKILLS.

### CRIBBAGE

9:30 A.M.—11:00 A.M. ALL ARE WELCOME!

### YMCA EXERCISE CLASS

12 Noon—12:45 P.M.

COST: \$2

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

## WEDNESDAY

### MAH JONG

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 - No Class on April 17 & 24

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—No Class on April 24

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. POSTPONED UNTIL FURTHER NOTICE, SORRY FOR THE INCONVENIENCE.

### DISCUSSION GROUP—No Group on April 24

1:00 P.M.—2:00 P.M.

VARIOUS TOPICS DISCUSSED—ALL ARE WELCOME!

### FLOOR YOGA—No Class on April 17 & 24

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

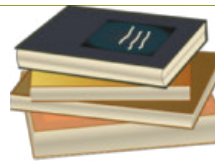
3

**DRUMS ALIVE, Tues., April 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—April 3, 8, & 17, 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, April 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.



## BOOK GROUP THURSDAY, APRIL 10 AT 3:30 P.M.

Book Group Selection is The Great Divide by Cristina Henriquez, an historical novel of Latin America and the Caribbean in the late 19th and early 20th century.

Sign up at the Senior Center or by emailing [lpympton@wrentham.gov](mailto:lpympton@wrentham.gov)

**PODIATRIST, MONDAY, APRIL 7 @ 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.



## 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](http://www.rosestavola.com)

🌐 [rosestavolarealty@gmail.com](mailto: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](http://www.4lpi.com)

Wrentham Council on Aging, Wrentham, MA

06-5380



**Spring adds new life and new joy to all that is! A very blessed Easter and Passover to all of you!**

**Please note the Wrentham Senior Center and Town Departments will be closed on Monday, April 21<sup>st</sup> for the Patriot's Day Observance.**

Patriots' Day is an annual event, formalized as a legal holiday or a special observance day in six U.S. states, commemorating the battles of Lexington, Concord, and Menotomy, the inaugural battles of the American Revolutionary War.

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



### **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, April 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, April 22 @ 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 4<sup>th</sup> 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.

### **MONEY MANAGEMENT PROGRAM**

**The Money Management Program, providing assistance to older adults and persons with disabilities who need help with their day-to-day finances. Under current guidelines, income limits are: Single person household: \$66,250, Two person household: \$75,750.**

**To learn more, please contact the Money Management Program at BayPath Elder Services: 508-573-7241 or 508-573-7254**

### **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, 1<sup>st</sup> 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.

**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](mailto: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.

## 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**

#### 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**

## 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.

**CAREONE**  
At Sharon

(781) 784-0111 675 South Main Street  
Sharon, MA 02067

## 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!**



## 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!

## 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 Angelico, 508-384-5425 for further information.

## 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](http://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.
- PLEASE CALL THE SENIOR CENTER FOR ADDITIONAL TRANSPORTATION RESOURCES.

# APRIL CALENDAR

7

MON	TUES	WED	THURS	FRI
	01	02	03	04
	9:30 Painting 9:30 Cribbage 12:00 Exercise <b>1:30 Drums Alive</b>	9:00 Mah Jong 10:00 Knit/ Crochet <b>1:00 The True Story—the 1990 Theft at the Isabella Stewart Gardener Museum</b>	9:00 Chair Yoga <b>10:00 Mani/Pedi</b> 11:00 Sit & Stretch 1:00 Discussion 2:00 Floor Yoga	9:00 Grocery Shopping 9:00 AARP Taxes By Appointment
07	08	09	10	11
9:00 SHINE 9:00 Hiking Group <b>9:30 Podiatrist</b> 10:00 Games 1:00 Line Dance 3:00 Qi Gong	9:30 Painting 9:30 Cribbage <b>10:00 Mani/Pedi</b> 12:00 Exercise	9:00 Mah Jong 10:00 Knit/ Crochet 12:00 Grab & Go Lunch <b>1:00 Caregivers' Support Group</b>	9:00 Chair Yoga 11:00 Sit & Stretch 1:00 Discussion <b>1:00 Low Vision Support, Franklin</b> 2:00 Floor Yoga <b>3:30 Book Group</b>	9:00 Grocery Shopping 9:00 AARP Taxes By Appointment
14	15	16	17	18
9:00 SHINE 9:00 Hiking Grp. 10:00 Games 1:00 Line Dance 3:00 Qi Gong	9:30 Painting 9:30 Cribbage <b>10:00 Chair Massage</b> 12:00 Exercise	9:00 Mah Jong 10:00 Knit/Croch. 12:00 Grab & Go Lunch <b>12:30 Pizza &amp; Movie—</b>	<b>10:00 Mani/Pedi</b> 11:00 Sit & Stretch 1:00 Discussion	9:00 Grocery Shopping  <b><u>Senior Center is Closed today.</u></b>
21	22	23	24	25
<b>HOLIDAY PATRIOTS' DAY</b>  Senior Center is Closed today.	9:30 Painting 9:30 Cribbage 12:00 Exercise <b>2:00 Memory Cafe</b>	<b>Supreme Reflections</b> 9:00 Mah Jong 10:00 Knit/Crochet <b>12:30 Ask Lauren, Lunch &amp; Learn</b>	<b>10:30—1:00 Spring Community Health Fair</b>	9:00 Grocery Shopping  <b><u>Senior Center is Closed today.</u></b>
28	29	30		
9:00 SHINE 9:00 Hiking Group 10:00 Games 1:00 Line Dance <b>1:00 Legal Clinic</b> 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 12:00 Exercise	9:00 Mah Jong 10:00 Knit/ Crochet 12:00 Grab & Go Lunch		



# SENIOR CENTER TRIP ANNOUNCEMENTS

8

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. THERE ARE MORE 2025 DAY TRIPS BEING PLANNED, STAY TUNED!!

## 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. Very few spaces available!

## ISABELLA STEWART GARDNER MUSEUM

**WEDNESDAY, 5/14/2025.....ALL PAY \$30.00**

We travel via motor coach to the renown Isabella Stewart Gardner Museum in Boston. A guided tour will be planned for 11:30 a.m. and after the tour you are free to visit other exhibitions and botanical garden on your own. Café G is on the premises for lunch on your own. Depart at 10:00, with an est. return time of 3:30. Please note no outside food or drink is allowed in the Museum and pay in full by April 21, 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 hideaways, 'hangouts', all the while listening to tales of thievery & scams. 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 TUES., 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.

## GLOUCESTER HARBOR CRUISE

**WEDNESDAY, 7/23/2025.....\$198.00**

This is a Lobster bake cruise aboard the Beaufort Princess! Onboard, we will cruise the historic harbor and witness extraordinary views only seen by water. Enjoy live entertainment; sumptuous cuisine and impeccable service. There is an All you can Eat Buffet; however, it is one lobster per person. Depart time TBA. Payment is due no later than Thursday, 6/19/25 with no refund for cancellations after 6/23/2025.



# TRIPS (Continued)

9

## ESSEX STEAM TRAIN & RIVERBOAT

THURSDAY, 8/7/2025.....\$137.00

We travel to Essex, CT to enjoy an unforgettable rail and river adventure. After boarding the steam locomotive, we will be seated in vintage coaches through New England town of Deep River and Chester. It is in 1920's Pullman dining cars where you will be served your entrée selection. At sign up, please select either Braised Porchetta, Chicken Francaise or Eggplant Rollatini. After our train travel and lunch, we board the Mississippi style riverboat, Becky Thatcher to transport us for the return trip back to Essex station. Depart time is 9:00 a.m., est. return time is 5:15 p.m. Sign up and pay in full no later than Tuesday, 7/1/2025.

## NEW YORK CITY

3 DAYS/2 NIGHTS

JUNE 19 -21, 2025

Motor coach transportation, we will visit the September 11 Museum & Memorial along with a visit to the Statue of Liberty & Ellis Island! Perfect trip for travelers wanting to truly experience NYC and have free time to enjoy it. A Broadway show is included—you get to choose from what is offered prior to your final payment. More details in flyer. \$1,119 per person/dbl. Optional trip insurance is \$74 per person. Deposit of \$350 at sign up, Final payment due April 18, 2025.

## MONTREAL/QUEBEC

4 DAYS/3 NIGHTS

JULY 15—18, 2025

Full itinerary highlighting 2 of Canada's great cities. Travel via motor coach to Montreal. Two nights lodging at Marriott Chateau Champlain in downtown Montreal and one night at Marriot Delta in Quebec; 4 meals and touring as described in detail in flyer. \$1,319 per person/dbl. . Optional trip insurance is \$86 per person. A deposit of \$300 is due at registration with final payment due May 15, 2025.

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.

## R.J. Ross Funeral Home

135 South Street • Wrentham, MA 02093

**508-384-3133**

**[rjrossfuneralhomeinc.com](http://rjrossfuneralhomeinc.com)**

**SUPPORT OUR  
ADVERTISERS!**

## WOOD & GRESHAM, P.C. ATTORNEYS AT LAW

*Specializing in*

**Wills, Trusts, Probate, Estate Planning,  
Real Estate & Personal Injury**

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



*Daniel J. Wood, Esquire*  
Partner



*David M. Gresham*  
Partner

**(508) 384-2008 | [dwood@woodgresham.com](mailto:dwood@woodgresham.com) | [woodgresham.com](http://woodgresham.com)**



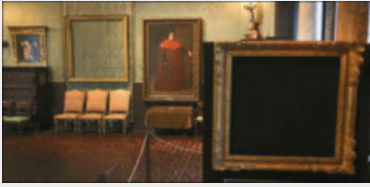
For ad info. call 1-800-477-4574 • [www.4lpi.com](http://www.4lpi.com)

Wrentham Council on Aging , Wrentham, MA

06-5380

# APRIL SPECIAL EVENTS

10



## ISABELLA STEWART GARDENER MUSEUM: HAS ANYONE SEEN \$500 MILLION IN ART LYING AROUND BOSTON? WEDNESDAY, APRIL 2 AT 1:00 P.M.

An hour or so after the 1990 St. Patrick's Day ended, two men dressed as Boston cops entered the Isabella Stewart Gardner Museum, stayed for about 90 minutes, and left with 13 pieces of art.

None of the priceless items have been found. Numerous suspects have been named over the years but none have been arrested. Many are now dead.

Bob Ainsworth, the author of *DUPED*, a fictional account of the robbery, will review the actual details of the theft, the suspects, and the motives behind the world's most valued art theft. He will also tell of his own brush with the infamous crime.

Please call the Senior Center at 508-384-5425 or email, [lpympton@wrentham.gov](mailto:lpympton@wrentham.gov) to sign up!

Note: we are planning a trip to the Gardner Museum on Wed., May 14. Please check the Trips section of the newsletter for details!

## 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.

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!

## ASK LAUREN—LUNCH & LEARN WEDNESDAY, APRIL 23 AT 1:00 P.M.

This program is designed to give older adults and their families a "foundation" for care options during or after a hospital stay. What's next? What are my options? We will discuss those options in an overview, in addition have a basic knowledge of what is private pay vs what insurance will cover. Please call the Senior Center at 508-384-5425 or email [lpympton@wrentham.gov](mailto:lpympton@wrentham.gov) to sign up. Lunch will be included.

## SPRING COMMUNITY HEALTH FAIR THURSDAY, APRIL 24, 10:30 A.M.—1:00 P.M.

The Metacomet Public Health Alliance nurses will be holding their Annual Spring Health fairs at two local senior centers: Wrentham Senior Center on April 24 from 10:30-1:30 and Norfolk Senior Center on April 29 10:15-1:15. Plenty of local vendors, information, give-aways, raffles! Come join the fun!

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, 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

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!



**SUPPORT OUR  
ADVERTISERS!**

## I Have Coins and Collectibles

*I make home visits or you can visit my store.  
I'm transparent and honest.*

*Free appraisals and easy to work with.*

**I buy Coins, Comics, Pokemon & Sports Cards, Cash for  
gold/silver. I'm available to discuss other collectibles.**

**My business is located at 15 Main St. Franklin  
781-962-0329 • www.ihavecoins.com**



## ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



SafeStreets

**833-287-3502**

## 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**

**ALL AMERICAN ASSISTED LIVING AT WRENTHAM**  
30 Ledgeview Way • Wrentham, MA 02093  
774-210-8108 | AllAmericanAtWrentham.com

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,  
ad-supported  
print and digital  
newsletters to  
reach your  
community.



**OUR COMMUNITY  
NEWSLETTER**  
OCTOBER EDITION



Scan to  
contact us!

**Visit [lpicommunities.com](http://lpicommunities.com)**

## 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/](http://www.alliancehhs.org/maples/)**

**90 TAUNTON STREET, WRENTHAM**



For ad info. call 1-800-477-4574 • [www.4lpi.com](http://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**

Spring Community



# HEALTH FAIR

APRIL 24, 2025  
WRENTHAM SENIOR CENTER  
10:30-1:30

APRIL 29, 2025  
NORFOLK SENIOR CENTER  
10:15-1:15

Get Free Screenings  
& Information


Meet 20 local agencies and  
companies who offer many  
services. Admission is free!

For more information:  
Call 508-584-5485



[www.metacometpha.org](http://www.metacometpha.org)

## WRENTHAM SENIOR CENTER APRIL 2025 NEWSLETTER



**FREE**  
AD DESIGN  
with purchase  
of this space


**CALL 800-477-4574**

**LET'S GROW YOUR BUSINESS**

Place Your Ad Here  
and Support Our Parish!

**CONTACT ME**  
**Karen Fontaine**


[kfontaine@lpicommunities.com](mailto:kfontaine@lpicommunities.com)  
**(800) 477-4574 x6350**



### 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/](http://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



For ad info. call 1-800-477-4574 • [www.4lpi.com](http://www.4lpi.com)

Wrentham Council on Aging, Wrentham, MA

06-5380