



New Horizons

NORTHBRIDGE SENIOR CENTER

20 Highland Street
Whitinsville, MA 01588
508-234-2002

KELLY BOL
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EDITOR - NEW HORIZONS

www.northbridgemass.org/council-on-aging/pages/newsletters
Facebook @ Northbridge Senior Center

TED HARINGA
CHAIRMAN
COUNCIL ON AGING

Monday - Thursday
8:30 AM - 4:00 PM



November—December
2016



Friday
8:30 AM - 1:00 PM

Greetings from the Northbridge Senior Center

The mission of the Northbridge Council on Aging is to enrich the lives our senior community by providing services, programs, and support that allow for independence and quality of life.

Any Northbridge resident 60 years of age is eligible to participate in all programs and services which are offered.

Elder information & Assistance

- Fuel Assistance and Food Stamps
- Food Pantry
- SHINE—Serving Health Information Needs to Elders
- Meals on Wheels and daily congregate lunch site
- Flu Shots, hearing tests, podiatrist, blood pressure
- Informal Counseling
- Tax Clinics
- Notary Public Services
- In Home Services & Referrals
- Housing Information

In-Town Transportation

Bus transportation to and from the senior center is available Monday—Friday; as well to local banks, post office, grocery and department stores, and to medical and personal appointments. Transportation is for seniors or disabled residents of Northbridge. Requests should be made at least **24 hours** in advance through the senior center.

Out-of-Town Medical Transportation

Transportation to out-of-town medical appointments is available through volunteer drivers for Northbridge Seniors who do not have their own transportation. Requests for transportation should be made at least **three days** in advance through the senior center. A fee is collected from the client base on location of the appointment. We make every effort to fulfill all transportation requests; we rely solely on volunteer drivers who are reimbursed mileage per IRS mileage regulations

Health & Wellness Programs

We offer caregiver support groups, exercise programs, nutrition presentations and wellness discussions and so much more.



MOVIE Afternoons

November 16 & December 21 @ 12:30

November 16th —Yankee Doodle Dandy Rated: G

A musical portrait of composer/singer/dancer George M. Cohan. From his early days as a child-star in his family's vaudeville show up to the time of his comeback at which he received a medal from the president for his special contributions to the US, this is the life-story of George M. Cohan, who produced, directed, wrote and starred in his own musical shows for which he composed his famous songs.

December 21st— It's a Wonderful Life Rated PG

George Bailey is a small-town man whose life seems so desperate he contemplates suicide. He had always wanted to leave Bedford Falls to see the world, but circumstances and his own good heart have led him to stay. He sacrificed his education for his brother's, kept the family-run savings and loan afloat, protected the town from the avarice of the greedy banker Mr. Potter, and married his childhood sweetheart. As he prepares to jump from a bridge, his guardian angel intercedes; showing him what life would have become for the residents of Bedford Falls if he had never lived.



THANKSGIVING LUNCH hosted by Senator Michael Moore

November 22 @ 11:45

State Senator Michael will be providing a free Thanksgiving dinner with all the fixings. Advance registration is required.

Coloring Club

Mondays @ 1-3pm

Adult coloring helps to maintain motor skills, stimulate imagination, reduce stress and provide relaxation. This is a weekly club that offers 25 beautiful coloring sheets and a box of colored pencils. Mondays 1-3pm. Cost is \$3 for 4 weeks.



2017 TBD— Upcoming Cultural Council Grant

We are anticipating the approval of these fine entertainment programs.

Wednesday February 8.....Thomas Rull– Valentine's Day
Wednesday March 15.....Tim VanEgmond– St. Patrick's Day
Wednesday April 13.....Roger Ticknell
Wednesday May 24Ruth Harcovitz– Memorial Day
Wednesday June 21John Root-Butterflies of America

DAY TRIPS

Mechanic's Hall & Coney Island Trip

November 16 @ 10:30

We will be going to Coney Island to enjoy hotdogs, then off to Mechanic's Hall for a organ concert, featuring the U. S Army Filed Band Jazz Ambassadors

Cost of trip is \$7 (lunch on your own)



Gift Shop @ the Senior Center

Open during the Center's regular business hours
Beautiful and unique handmade items at very reasonable prices.

All proceeds go to FINE (Friends of Northbridge Elders, Inc.) the non-profit fundraising arm of the Northbridge Senior Center

Stop by for some Holiday Shopping!

PRESSED FLOWER DESIGN CLASS

Wednesday November 30th

10-11:30am

Instructor, Elaine McNanna will walk you through the process of creating projects using pressed flowers.

The cost is \$10 per person.



FLORAL MAKE & TAKE

Tuesday November 8th @ 1pm &

Tuesday December 8th @ 1pm

Jen Wolf, floral designer, will show you how to create floral masterpieces. All supplies are included for \$12. The November class will be held at the Senior Center and the December class will be held at The Flower Shop 110 Church Street , Whitinsville

Call the Senior Center to sign up 508-234-2002



HOPKINTON CHORUS

Wednesday December 7th @ 1:00

TRINITY BIG BAND

Tuesday December 13th @ 1:00

Come listen to local musicians sing a variety of Holiday Songs

REIKI

November 17 2-3pm

December 15 2-3pm



Have you tried it yet? Sandra Clarke, Master Reiki, is offering 15 minute sessions for only \$5. Thank you to FINE for paying half of each REIKI session to make this affordable to all.



Night Life @ the Center

Recently we have decided to offer various classes in the evening open to all ages
Currently we are offering the following:

THE POWER OF WRITING

A writing class for those who love to write or have always wanted to discover their creative side. Everyone has their own story to tell...join Instructors Betsy Moquin and Joan Jeffers to begin this creative journey.

The Class started on October 18th and will run for 8 weeks on **Tuesdays from 7-8:30pm**.

For more information, contact Michelle, Assistant Director at 508-234-2002

Stay tuned for more evening activities to be offered

ARE YOU OK?

The Town of Northbridge offers a free daily telephone call program called "Are You OK?" to Northbridge Seniors and Disabled residents who live alone. The program consists of a daily computer generated call from the Northbridge Fire Department. Each person can select the time of day when they will be at home to receive the call. This program offers you and your family "peace of mind" knowing that someone will be checking on you on a daily basis. Your service can be requested on a permanent basis or on a temporary basis. Please call the Northbridge Senior Center for more information.



INSURANCE Open Enrollment

There may be a lot of changes to your insurance plan this year, please attend the insurance presentations. **Advance registration is strongly encouraged.**

November 8	Fallon Members Meeting	10:00
November 29	Fallon Sales Meeting	10:00



VETERAN'S SERVICE REP IS HERE

Every third Thursday of the month
from 10:30-11:30

District Director Carl Bradshaw will be here to help you with your concerns.

Wish List

Looking for a special way to help out the senior center? Here is our Wish List

- Forever Stamps
- Packages of Pens & Pencils
- Large cans of coffee (decaf)
- Reams of colored paper
- Boxes of sugar packets
- Boxes of hot chocolate
- Boxes of Tea
- Disinfecting wipes (such as Lysol or Clorox)
- White napkins
- Gift cards to CVS, Shaw's, Dollar Tree

Please remember that all items need to be new, unused and unopened. Your donation is so greatly appreciated. Please drop items at the front desk.



Senior Center Gift Certificates

Want to give a friend or relative a gift certificate to attend one of our wonderful trips or other activities? We now are offering gift certificates that you can purchase for any amount and for anyone.

Upcoming Special Events

NOVEMBER

November 8	Election Day	
November 8	COA Meeting	9:00
November 8	Fallon Member Meeting	10:00
November 8	Floral Make and Take	1:00
November 9	Breakfast @ BVT	8:30
November 9	Card Making with Elderwood Homecare	9:30-11:15
November 9	Crow's Nest	11:15
November 10	RMV Near Me	10:00-12:00
November 11	Veteran's Day ~ Center Closed	
November 15	Veteran's Services Rep Carl Bradshaw	10:30
November 16	Mechanics Hall Veteran's Day Concert	10:00
November 16	Zentangle	9-11:00
November 16	Afternoon Movie: Yankee Doodle Dandy	12:45
November 17	Reiki	2-3:00
November 17	Monthly Birthday Celebration	11:30
November 21	Podiatrist	9-12:30
November 21	Senator Moore Office Hour	12-1:00
November 22	Thanksgiving Dinner with Senator Moore	11:45
November 22	Caregiver Support Group	3:00
November 24/25	Thanksgiving ~ Center Closed	
November 29	Fallon New Enrollees Meeting	10:00
November 29	Ask the Nurse/Blood Pressure Clinic	11-1:00
November 30	Pressed Flower Design Class	10-11:30

DECEMBER

December 1	FINE Meeting	3:00
December 7	Hopkinton Chorus—Holiday Songs	1:15
December 8	RMV Near Me	10-12:00
December 13	COA Meeting	9:00
December 13	Ask the Nurse/Blood Pressure Clinic	11-1:00
December 13	Floral Make and Take @ The Flower Shop	1:00
December 13	Trinity Big Band Celebrates Christmas	1:00
December 14	Lunch at BVT	11:00
December 15	Reiki	2-3:00
December 19	Senator Moore Office Hour	12-1:00
December 20	Veteran's Services Representative	10:30-11:30
December 21	Zentangle	9-11:00
December 21	Afternoon Movie: It's a Wonderful Life	12:45
December 22	Monthly Birthday Celebration	11:30
December 22	RMV Near Me	1-3:00
December 23	Center Closed in observance of Christmas Eve	
December 26	Center Closed in observance of Christmas	
December 27	Ask the Nurse/Blood Pressure Clinic	11-1:00
December 27	Caregiver Support Group	3-4:00
December	Birthday Celebration ~ Date to be Announced	11:30

F.I.N.E. NEWS

FINE (Friends of Northbridge Elders) is a private, non-profit, fund-raising corporation providing financial support to the Northbridge Senior Center. FINE meetings are on the first Thursday of the month (excluding July and August) at 3:00 PM at the Center and are open to all. Decisions about disbursement of funds are based on requests from the Council on Aging and suggestions from members and others.

2016 FUNDING

- ...\$12,000+ toward the new bus
- ...Flat screen, wall-mounted HDTV
- ...Professional washing of Center's windows, both inside and outside
- ...Purchase of wheelchair for use at Center and on day trips
- ...Recapping of a pool table
- ... Entertainment
- ...Co-payment of reiki sessions
- ...Twice weekly chair yoga
- ...Twice monthly bowling at Sparetime.

ONGOING FUNDRAISING

- ...FINE accepts donations in a number of ways. Refer to the Charitable Giving tab at our website, <http://nscfine.com>.
- ...FINE conducts a 120 raffle. For \$20, you can participate in our 20 weekly drawings and our final large drawings which, in this cycle, will take place on Dec. 2.

FINE BOARD

- Angelo Mirabile, President
- Gay McCrea, Vice President
- Jim Gallagher, Treasurer
- Joan Jeffers, Secretary

Voting Members: Mary Alex,
Muriel Beaulieu, Ernie Boudreau,
Ruth Boudreau, Kathy Desjardins,
Jim Gallagher, Joyce Gallagher,
Steve Lotterman

Associate Members: Joyce Brill, Jim Carse
Sandra Clarke, Linda Crooker, Gloria Cournoyer,
Heather Demery.

IN THE WORKS

- ...An October 2017 trip to New Orleans.
- ...Cape Cod/ Vineyard, 3 days/2nights, June 2017
- ...A "Taste of the Valley" dining-out evening, tentatively scheduled for April 2017

SOMETHING TO THINK ABOUT

Be the reason someone smiles today

FINE MEMBERSHIP

Become a "Friend" of by subscribing to a membership. Join FINE or make a donation by filling out the form below which can be dropped off at the Center or mailed to: FINE, 20 Highland St., Whitinsville, MA 01588

Name _____

Address _____

Phone _____

Email _____

Dues are \$5. per person for one year or \$12. for three years.

...Dues: One year _____ Three years _____

Donation: _____

In Memory of _____

In Honor of _____

The Friends of Northbridge Elders, Inc.
20 Highland Street
Whitinsville, MA 01588

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COUNCIL ON AGING BOARD

Chairman: Ted Haringa
Vice Chairman: Vacancy
Secretary: Vacancy
Treasurer: Jean Mistretta
Assistant Treasurer: Charlene Potvin

BOARD MEMBERS:

Jean Finnegan Neil Newton
Ken Guertin John Doldoorian
Yvette Ayotte Denise Forgit

The Northbridge Council on Aging, Senior Center, and the Friends of Northbridge Elders, Inc. extend deepest sympathy to the family and friends of the following people who have passed away from September 7, 2016 - October 21, 2016:

- Statia A. (Sobon) Brouillard
- Lorraine L. Brouillard
- John A. Alexiades
- Sandra M. (Garabedian) Loughlin
- Virginia "Ginger" M. (Valis) Vallee
- Jennie R. (Ficarra) Santilli
- Francis J. "Fran" Dupre, Sr.
- Betty L. (Konings) Kuipers
- Clarence A. "Chuck" Zuidema
- Phyllis DiPalma
- Gordon W. Bousquet
- Robert J. Pomfred



It is with a heavy heart the Council on Aging shares with you the passing of longtime Board member, Phyllis DiPalma. In June of 2009, Phyllis joined the COA Board and actively served. She was a strong advocate of Seniors and the issues people face in their later years. In addition to volunteering for the Council, she had served as a SHINE counselor, delivered Meals on Wheels and had remained active on the Braintree Retirement Board, the community she had resided in prior to moving to Northbridge. Phyllis will be missed, but forever in our hearts.

PLEASE NOTE:

The cost of printing and mailing this newsletter is funded by a State Formula Grant administered through the Executive Office of Elder Affairs. We express our sincere thanks to the