

New Horizons

NORTHBRIDGE SENIOR CENTER

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KELLY BOL
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EDITOR - NEW HORIZONS

www.northbridgema.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
2015



Friday
8:30 AM - 1:00 PM

Greetings from the Northbridge Senior Center

Dear Friends:

I would like to take the opportunity to dedicate this edition of the New Horizons to Assistant Director, Jennifer DeLuca. It is with deep regret that I share with you Jennifer's last day at the Northbridge Senior Center was October 30, 2015. After two years, Jen has had many achievements and accomplishments. One of Jen's responsibilities was organizing and editing your newsletter. This is our main form of communication to you all. Therefore, I would like to recognize and thank Jen for making this newsletter the beautiful publication that it has become! While her presence will surely be missed, I know that Jen will continue to succeed in all she does. On behalf of the Northbridge Council on Aging, Northbridge Senior Center staff, numerous volunteers and the people we serve, THANK YOU Jen, for everything!

Sincerely

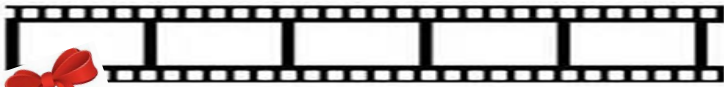
Kelly Bol, Director

Don't cry because it's over.

Smile because it

happened.

by Theodor Seuss Geisel



MOVIE Afternoons

November 4 & December 16 @ 1:00

November 4th —DREAM GIRLS, rated PG-13, Musical Drama—with *Beyonce Knowles, Jamie Foxx & Eddie Murphy*. A trio of black female soul singers cross over to the pop charts in the early 1960s, facing their own personal struggles along the way.

December 16th— CHRISTMAS VACATION, rated PG13, Comedy, with *Chevy Chase & Beverly D'Angelo*. The Griswold family's plans for a big family Christmas predictably turn into a big disaster. Hysterically funny! *We welcome to get comfy and wear your pj's. Hot chocolate and popcorn will be served.*



THANKSGIVING LUNCH hosted by

Senator Michael Moore

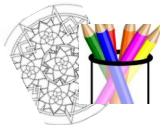
November 16 @ 12:00

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

Coloring Club

Mondays @ 1-3

Yes, coloring, like in coloring books, but this is adult coloring. Coloring helps to maintain motor skills, stimulate imagination, reduce stress and provide relaxation. This is a 4 week club that offers 25 beautiful coloring sheets and a box of colored pencils. Mondays 1-3 beginning on December 7—December 28. Cost is \$3 for all 4 weeks.



Chris & Benny—Entertainment

Thursday, December 17 @ 11:00

Chris and Benny have entertained us before and they were a huge hit. We've invited them back for holiday classics while you enjoy lunch. After, please stay for a **dessert social**.



2016 TBD— Upcoming Cultural Council Grant

We are anticipating the approval of these fine entertainment programs.

Monday, February 8Thomas Rull— Valentine's Day
Tuesday, March 15Roger Tinknell— St. Patrick's Day
Wednesday, April 13.....Steve Henderson— short play
SeptemberDavis Bates— Intergenerational
Wednesday, October 26Tim VanEgmond— Halloween

DAY TRIPS

Salem Cross Inn Trip

December 2 all day



The Salem Cross Inn has a reputation for being one of the finest restaurants in New England and is listed on the National Registry of Historic Places. We head to Bright Lights for an amazing exhibit of unforgettable light displays. Cost of trip is \$81 (\$20 deposit to secure your spot) which includes lunch at Salem Cross Inn, the light trip, and motor coach transportation.

Mechanic's Hall & Coney Island Trip

December 16 @ 10:30

We will be going to Coney Island to enjoy hotdogs, then off to Mechanic's Hall for a holiday organ concert, featuring the Choirs of All Saints Church. Cost of trip is \$7 + cost of lunch.



Workshop

November 5 & 18 @ 10:00

Join Elisa Murphy, M.S., Certified **Zentangle** Teacher, as she guides you on a journey to rediscover your inner artist. This will be a fun, laid back class of learning, laughing and letting go of expectations. Elisa will begin with a brief explanation of the Zentangle method and then dive right into creating art with a relaxed focus that will surely surprise you.

Cost for class is \$12.

Holiday Card Making

Tuesday, November 3 &

Monday, December 7 @ 10:30



Jean Mistretta is back offering two sessions of card making preparing you for the holidays. She provides kits of pre-made supplies so you can create your own masterpieces. Registration is required, no fee.

FLORAL MAKE & TAKE

Tuesday, November 17 &

Tuesday, December 8 @ 1:00



Back by popular demand! Jen Wolf, floral designer, will be here to show you how to create floral masterpieces. All supplies are included for \$12. The November class will be a Fall Theme and December class will be a Holiday theme.



Charles B. Adams
December 9 @ 1:00

Come listen to a local musician as he plays a mix of American folk music and songs you know from the 1970s and 1980s.

REIKI



November 3 @ 10-11, November 19 @ 2-3
& December 1 @ 9-10, December 17 2-3

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.

Mohegan Sun Casino Trip

November 5 @ 10:00



Test your luck at the casino! Cost of transportation is \$7, all other expenses are your responsibility.

On-Site Dental Program

November 12 @ 9:00-2:30



Our onsite hygienist offers cleanings, x-rays, screenings and fluoride treatments. Accepts insurance, however rates are more than 50% lower than what dentists charge if you don't have insurance. Please call, if you would like to make appointment,

BVT Salon Visit

November 4 & December 11



Pamper yourself by visiting the BVT Salon at BVT high school. Choose from any of their reasonably priced services (Jeannine has the list), selections must be made prior to salon visit. **Gratuity required!**

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.

**PLEASE!!
NOTE**

All trips and activities that have associated fees must be paid in order to be added to the sign up list. You will be added to the waiting list until payment is received.



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 3	Fallon Member Meeting	2:00
November 4	Blue Cross Blue Shield	10:00
November 6	Tufts Sales Meeting	10:00
November 10	Fallon Sales Meeting	10:00
December 7	Fallon Sales Meeting	10:00

**JEWELRY & Ornament
Make & Takes**



November 9 @ 1:00

November 30 @ 1:00

November 9—Make your own earrings. Choice of trees, angels, snowmen. **Cost is \$12.**

November 30—Make an ornament. Trees, snowflakes or stars will be offered. **Cost is \$10 for 1 or make two for \$15.**

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.

Upcoming Programs

- Tuesday, January 12 Trinity Big Band
- Wednesday, January 13 BVT Salon
- Wednesday, January 20 BVT Breakfast
- Friday, February 12 BVT Salon

Upcoming Special Events

T- November 3.....	Reiki.....	9:00-10:00
T- November 3.....	Thanksgiving Card Making	10:30
T- November 3.....	Fallon Member Meeting	2:00
W- November 4.....	BVT Salon Visit	9:00
W- November 4.....	Blue Cross Blue Shield—Member Meeting	10:00
W- November 4.....	MOVIE: <i>Dream Girls</i>	1:00
W- November 5.....	Zentangle	10:00
TH- November 5.....	Mohegan Sun Casino Trip	11:30
TH- November 5.....	FINE Meeting.....	3:00
F- November 6.....	Tufts—Sales Meeting	10:00
M- November 9.....	Earrings Make & Take	1:00
M- November 9.....	Senator Moore Office Hours	12:00
T- November 10.....	BVT Breakfast	8:45
T- November 10.....	COA Meeting	9:00
T- November 10.....	Fallon—Sales Meeting	10:00
T- November 10.....	Ask the Nurse, blood pressure	11:00-1:00
W- November 11.....	<i>CENTER CLOSED: Observance of Veteran’s Day</i>	
TH- November 12.....	On-site Dentist	9:00-2:00
M- November 16.....	Thanksgiving Luncheon—hosted by Senator Moore	12:00
T- November 17.....	Floral Make & Take	1:00
W- November 18.....	Zentangle	10:00
W- November 18.....	Greendale Men’s Chorus	1:00
TH- November 19.....	Monthly Birthday Celebration.....	11:30
TH- November 19.....	Reiki.....	2:00-3:00
F- November 20.....	Caregiver Support Meeting.....	10:30
F- November 20.....	Representative David Muradian Office Hours	12:00-1:00
T- November 24.....	Ask the Nurse, blood pressure	11:00-1:00
TH- November 26.....	<i>CENTER CLOSED: Observance of Thanksgiving Day</i>	
F- November 27.....	<i>CENTER CLOSED: Observance of Thanksgiving Day After</i>	
M- November 30.....	Ornament Make & Take.....	1:00
T- December 1.....	Reiki.....	9:00-10:00
W- December 2.....	Salem Cross Inn	10:00
TH- December 3.....	FINE Meeting	3:00
M- December 7.....	Christmas Card Making	10:30
M- December 7.....	Fallon—Sales Meeting	10:00
M- December 7.....	Coloring Club.....	1:00
T- December 8.....	COA Meeting.....	9:00
T- December 8.....	VNA, blood pressure	11:00-1:00
T- December 8.....	Floral Make & Take	1:00
W- December 9.....	Charles Adams—Singer & Guitar player	1:00
TH- December 10.....	Milford Shopping Trip	11:30
F- December 11.....	BVT Salon Visit	9:00
M- December 14.....	Senator Moore Office Hours	12:00-1:00
M- December 14.....	Coloring Club.....	1:00
T- December 15.....	BVT Luncheon	11:30
W- December 16.....	Coney Island & Mechanic’s Hall Trip.....	10:30
W- December 16.....	MOVIE: <i>Christmas Vacation</i>	1:00
TH- December 17.....	Chris & Benny - Live entertainment (dessert social to follow).....	11:00
TH- December 17.....	Monthly Birthday Celebration.....	11:30
TH- December 17.....	Reiki.....	2:00-3:00
F- December 18.....	Caregiver Support Meeting.....	10:30
M- December 21.....	Coloring Club.....	1:00
T- December 22.....	Summit Office Hours	10:30-11:30
T- December 22.....	VNA Blood Pressure	11:00-12:00
TH- December 24.....	<i>CENTER CLOSED: Observance of Christmas Eve</i>	
F- December 25.....	<i>CENTER CLOSED: Observance of Christmas Day</i>	
M- December 28.....	Podiatrist.....	9:00
M- December 28.....	Coloring Club.....	1:00
TH- December 31.....	<i>CENTER CLOSED: Observance of New Year’s Eve</i>	

Who are the Friends?

Friends of the Northbridge Elders is a private non profit corporation providing financial support for the Northbridge Senior Center. Board members are elected annually at the FINE Annual banquet.

Meetings for FINE are on the first Thursday of the month at 3:00 p.m. excluding July and August and are open to all. Decisions are made on fundraising and disbursements of funds based on requests from the Council on Aging and suggestions from members and others.

FINE Membership

Become a "Friend" of Northbridge Seniors by subscribing to a membership. See FINE Dues below. Yearly membership to FINE is open to all.

FINE Charitable Giving

FINE accepts donations in a number of ways. Let Your Passion Live On! Refer to our website's "Charitable Giving" tab.

FINE Dues

Use below coupon to join FINE or to make a donation. There are openings for three associate members. Come join us! This form may be dropped off at the Northbridge Senior Center front office desk or mailed to: **F.I.N.E. 20 Highland St., Whitinsville MA 01588**

Name: _____

Address: _____

Phone: _____

E-Mail: _____

Dues *per person* are \$5 for one year or \$12 for 3 years

Dues: One Year _____ Three Years _____

Donation: _____

In Memory of _____

In Honor of _____

Total Enclosed _____ Date _____

Please make checks payable to **FINE**

THANK YOU!

FINE Website

The FINE website is <http://nscfine.com>. Take a look at what FINE is up to. Use this site for current vacation trips offered and other FINE information. Enjoy!

FINE 120 Club

The 120 Club for the next cycle began in August and the final drawing will be in December 2015. Contact the Senior Center (508 234-2002) or FINE members Joan Jeffers, Joyce Brill, or Gay McCrea for your tickets.

Attention Golfing Retirees

The senior Baldwin Golf League is looking for retired golfers for 2016 season. If you are looking to sharpen your game and socialize with other retirees, this is an opportunity for you.

Play is at The Edgewood Golf Club on Hartford Ave West near Uxbridge-Douglas Line. 10 four-man teams and alternates play Monday afternoons, April thru September, from 2PM to 6PM. Entry fee is \$100 which includes four cookouts, individual & team prizes & banquet. Weekly green fees are \$12 per man + \$5 cart fee.

If interested, please call or e-mail Jim Gallagher, at 508 259-3786 or at gallagher_27027@msn.com before February 2016.

The FINE board is current evaluating other fund raising projects. These will be identified in up coming newsletters.

Next FINE Board Meeting, Nov 5 at 3 PM

Officers

Jim Gallagher, President

Angelo Mirabile, Vice President

Kathy Desjardins, Treasurer

Joyce Gallagher, Secretary

Voting Members

Mary Alex

Ruth Boudreau

Ernie Boudreau

Joan Jeffers

Muriel Beaulieu

Joyce Brill

Gay McCrea

Associate Members

Steve Lotterman

Gloria Cournoyer

Jim Carse

Sandra Clarke

Heather Demery

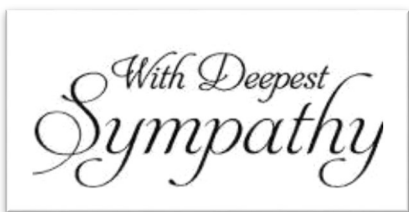
Beverly Marcheterre

COA Representative

Ted Haringa

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

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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 **August 8, 2015—October 16**

Cornelius "Con" J. Madigan
Loretta G. (Foote) Decker
Lucille G. (Boudreau) Loiselle
Gretchen (Dowst) Bullens
Lawrence E. Tancrell
W. Leo Brochu
Jessie M. (Beinema) VanderZicht
Evelyn R. (Sampson) Kmiotek
William A. Jacobs
Valentinus Mockus
Shirley A. Demagian
George Leslie
Lila M. King
Glenadine (Glazier) Gilmore
Joan M. Sughrue
Barbara Ann (Johnson) Sullivan
Rolde D. (Baril) Couture
Richard L. Paulhus
Maurice G. Croteau
Winifred "Winnie" Paul

COA MISSION STATEMENT

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

COUNCIL ON AGING BOARD

Chairman: Ted Haringa
Vice Chairman: Phyllis DiPalma
Secretary: Leon Duquette
Treasurer: Jean Mistretta
Assistant Treasurer: Charlene Potvin

BOARD MEMBERS:

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

ASSOCIATE MEMBERS:

Sid Koopman, Jr. - Winnie Sears - Beverly Lind

Transportation Reminders

Local Transportation via Senior Center Bus

All requests must be made **24 hrs in advance** unless there is an emergency appointment. You can always cancel if your plans change.

Out of Town Transportation via Volunteers

All requests must be made at least **48 hours in advance**. All fees must be placed in the provided envelope - we ask that you do not tip the drivers as they will receive a mileage reimbursement from the Senior Center.

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 Governor and our Legislatures for their support of the COA Formula Grants.