



Shirley Council on Aging

Volume: 8

NEWSLETTER

Issue: 6

JUNE 2016

Senior Center • 9 Parker Road • Shirley, MA 01464

Tel: 978-425-1390 • Fax 978-425-1392 • email: coadirector@shirley-ma.gov

The trees have finally leafed out and in a few short weeks, summer will be here! The days are getting longer and we all have just a little more energy. If you're looking for something to do, drop by the Senior Center! We have coffee and goodies every morning and our new Cook/Dining Coordinator, Joyce Scott, is making some healthy treats for our Café. Come join friends for coffee and conversation!

Are you trying to lose those extra pounds you gained over the winter? Join our **Weight Loss Group** for support in losing weight or maintaining your weight. The next meeting is June 21st at 1 p.m. If you want to get stronger and feel more fit, join our **Walking Group** every Tuesday and Thursday at 9 a.m. Walking is one of the best ways to get regular exercise, anyone can do it, and walking with friends is fun!

The **Aging Mastery Program** is back again this month with two elective 1 1/2 hour workshops that anyone can take. There's no cost for this program, thanks to funding from MCOA. AMP is a fun, innovative program that empowers participants to embrace their gift of longevity by spending time each day doing things that are good for themselves and others. This month we have **Memory Matters** and **Your Home as a Strategic Asset**. See inside for full details.

If you have a little extra time to give this summer, think about joining our volunteer team. Give us a call or better yet, drop by! Volunteering can help keep your mind and body active, and bring some fun and purpose to

your life. Join us! Right now we need servers to help with lunch and someone to stay and help with clean up. Or maybe you'd like to be a greeter for a couple of hours every week, welcoming seniors and reminding them to sign in. We also need someone to co-lead our new walking group and fill-in for our leader when she isn't available. Call us and learn about the possibilities and opportunities to be involved. Do something that makes you feel good!



Shirley needs some help serving its Seniors!

Do you have a few hours to spare?
Would you like to do something rewarding,
meet new people, and have some fun?

Join Us!

Interested? 978-425-1390 or email: coadirector@shirley-ma.gov

- Greeters
- Lunch or breakfast servers
- Clean –up (after meals)
- Set-up tables
- Craft instructors (Do you have a talent to share?)

Kathryn

Mission Statement of the Shirley Council on Aging:

“To serve the Seniors of Shirley with services that enhance their lives and provide for their needs.”

Council on Aging Staff and Members

DIRECTOR

Kathryn Becker

OUTREACH WORKER

Patrick Curtin

VAN DRIVERS

Bob Perry, Doug Perry

VAN DISPATCHER

Laurie Picinich

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Donald Reed

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CAFÉ

Barbara Perry, Fran Gray

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William Schold, Elisabeth Dinning, Dick Eayrs, Jessica Myshrall, Rob Fleming

MEDICAL EQUIPMENT COORDINATOR

Hans Onsager

NEWSLETTER EDITOR

Doreen Quintiliani

SUNSHINE LADY

Joyce Patton

The Council meets the second Wednesday of each month at 1:00 pm at the Senior Center, 9 Parker Road. Meetings are open to the Public.

THANK YOU . . .

For your contributions, donations and volunteerism. We appreciate your support.

We would not have Your Center without you!

Vendors:

Pepsi for water, Panera for bread and bagels, Hannaford for goodies, Mitrano Removal, Turf Logic, Mark Pinard Landscaping, Village Pizza, Groton Wellness Café, Wachusett Potato Chip Co., Tiny's Restaurant and Ayottes Farm

Our Bagel Team:

Jim Lanteigne, Bill Dow, Bob McBrine, Bob Perry, and Marcia Sullivan

Program Support:

Ron & Shirley Deyo, Don Parker, Chip Guercio, Pat Florio, Sally Hamel, Maria Owens, Elaine Quilty, Vi Burnley, MaryLou Clark, Alice West, Carolyn and Charlie Waite, Sandy and Gene Wixom, Joe Nickerson, Rhoda Dow, Claudette Williams, Bob Steiner, Tony Bucca, Beverly Smith, Barbara Lugin, Juanita Fields, Kathy Cormier and Marianne Alexander

Newsletter Distribution: Ray Gagnon and Melissa Slattery

Donations:

Susie Joly, Christine Saball, Tony Bucca, Carolyn and Charlie Waite, Marion Wood, Bob McBrine, Chet & Maryjane Pauley, Joe Gonynor, Alice West, Susan Brown, Lauren McCarthy, James and Ann Pringle, Missy Slattery, and Village Pizza

Thanks to all who have given donations to support the Center's continuation of programs and activities.

Newsletter:

Cyndi and Dan Furman, Kathryn Becker, and Doreen Quintiliani

Café Wish List

The Senior Center is a Green Operation
Recyclable Donations Please



Dessert Size Paper Plates
Coffee - Regular and Decaf

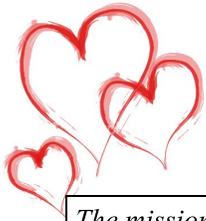


DON'T FORGET!

Veteran's Breakfast ~ Monday, June 13th ~ 8:30 a.m.

Senior Lunch ~ Wednesday, June 15th ~ 11:30 a.m.

Senior Breakfast ~ Monday, June 27th ~ 8:30 a.m.



Outreach Corner

Patrick Curtin, Outreach Worker

Telephone: (978) 425-1390

Email: pcurtin@shirley-ma.gov

The mission of the Outreach Program is to make contact with senior citizens, determine their needs and interests, and to meet those needs and interests through appropriate referrals, program development and advocacy.

Patrick can explain community programs and benefits, assist with applications to needed programs, aid elders in their search for services and act as an advocate and support for elders in need. If you or someone you know has questions or need help, please call Patrick at the Council on Aging office at **978-425-1390**. He is available at the Senior Center at 9 Parker Rd., Monday and Wednesday from 1pm– 5pm . All information shared is confidential.

Introducing our new Outreach worker, Patrick Curtin



Our new Outreach Worker, Patrick Curtin, will be working Mondays and Wednesdays from 1:00 -5:00 p.m. Patrick can help find resources and information, make referrals and educate seniors on a variety of topics. Patrick loves working with Elders. He is a college student at Merrimack College, studying healthcare administration and he is also a student at U-Mass Boston, studying Gerontology. Other skills include being a Licensed Emergency Medical Technician (EMT-B) and a Notary Public. When Patrick isn't working, he loves the beach and Cape Cod!

If you have any questions or you would like to contact him,

please call (978)-425-1390

or email him at pcurtin@shirley-ma.gov.

Please welcome our new friend Patrick to the Shirley Council on Aging by stopping by to say hello!

What is HOME? Homeowner Options for Massachusetts Elders

H.O.M.E. is a charitable nonprofit agency that is dedicated to protecting the equity of low- and moderate-income elder homeowners. As an independent third party, H.O.M.E. does not charge fees from its clients nor receives consideration from any possible financial transactions. The mission of HOME is to assist low- and moderate-income elder homeowners to successfully age-in-place. Aging in place is the ability to maintain the most independence possible while remaining at home and safe.

H.O.M.E. is a national leader in senior foreclosure prevention, providing the only statewide in-home counseling service of its kind. The following statistics help highlight the success of H.O.M.E.'s advocacy for elder homeowners over the years: 27,000 elder homeowners helped and 3,800 property refinances arranged.

Are you Eligible? Yes, if you meet the following guidelines:

- Massachusetts homeowner with only one residence
- 60 years of age or older (50 if in jeopardy of losing your home)
- Annual income less than \$30,000 individual / \$40,000 couple



For more information
please call **800-583-5337**



The Choice Café

The Choice Café is a congregate meal prepared by the Montachusett Opportunity Council that is “**Light and Nutritious**” - perfect for the warmer months ahead. There is a voluntary donation of \$3.00 requested.

Unlike our regular lunch, you **MUST CALL AHEAD** to

reserve a meal. Call us by Monday at 10 a.m. to reserve for the following Wednesday lunch or just sign-up here at the Senior Center. Come enjoy a nutritious meal with friends at a low price!

June 8th menu is: Turkey Salad with Cranberries, Italian Pasta Salad, Chickpea Mint Salad and Dessert

June 29th menu is: Roast Beef, Pears, Chickpea and Cilantro Salad and Dessert



Nashoba Nursing Service & Hospice
Nashoba Associated Boards of Health
Your COMMUNITY, Your CHOICE Since 1931

Blood Pressure Clinic

Thursday, June 9th from 9:30-10:30 a.m.



Senior Info
June 20th at 10 a.m.

Lyme Disease Prevention

By Al Futterman

Land Programs and Outreach Director
at Nashoba River Watershed Association

Walking Group for Seniors

Is one of your goals this spring to get in better shape? Walking is one of the best ways to get regular exercise and anyone can do it. Walking with a group can help motivate you to stick with an activity program, and walking with friends is fun! Join us!

Every Tuesday and Thursday morning at 9 a.m.

Get a FREE pedometer to count your steps!

Fair weather walking only - No rainy days ;)

Meet at the parking lot by Taylor Athletic Fields (off Hospital Road). Wear comfy shoes, bring water and your cell phone (if you have one).



Live Well. Do Well. Age Well. ***We want to AMP you up!***

We are excited to have been one of the few Senior-related organizations to be chosen to offer the Aging Mastery Program last fall. The Aging Mastery Program, also known as AMP, offers opportunities for the baby boomers and older adults to take key steps to improve their well-being, add stability to their lives, and strengthen their ties to their communities.

In June, we continue AMP with two elective courses. You do not have to have been involved in the previous classes to participate—any senior is welcome! Both classes include a nutritious Choice Café lunch.

Memory Matters: June 8th from 10:00-11:30 a.m.

An interactive class highlighting normal age-related memory changes and teaching basic skills—Active Attention and Spaced Retrieval—to aid memory. If practiced and mastered at home, these two skills are likely to increase everyday memory success.

Your Home as a Strategic Asset: June 29th from 10:00-11:30 a.m.

Discussion of issues related to aging in place and the health, social and financial questions to consider when deciding to stay in one's home. Review of various home financing options, including reverse mortgages.

VETERANS' CORNER

*...from Mike Detillion,
Shirley Veterans' Officer*

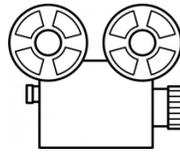


The Veterans' Officer is available at any time to aid your efforts to enter into the VA Health Care system or pension system.

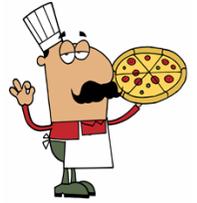
For an appointment:
Call: 978-425-2600 x280
Appointments: Anytime

**Office Hours: Monday evenings
5:00 – 7:00 p.m.
at the Town Office Building**

Benefits: All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter assistance, and burial assistance.



Pizza & a Movie



@ Your Senior Center



Brooklyn

Wednesday, June 1st
11:00 a.m. Cost: \$2.00

Director: John Crowley
Starring: Saoirse Ronan, Emory Cohen, Domhnall Gleeson

An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. However, when her past catches up with her, she must choose between two countries and the lives that exist within.



The Martian

Wednesday, July 6th
11 a.m. Cost: \$2.00

Director: Ridley Scott
Starring: Matt Damon, Jessica Chastain, Kristen Wig

An astronaut becomes stranded on Mars after his team assumes him dead, and he must rely on his ingenuity to find a way to signal earth that he is alive.

Attention: Shirley Senior Veterans

The Shirley Council on Aging cordially invites you to our monthly



Veterans' Breakfast
Monday, June 13th
8:30 a.m.

Shirley Senior Center
9 Parker Rd

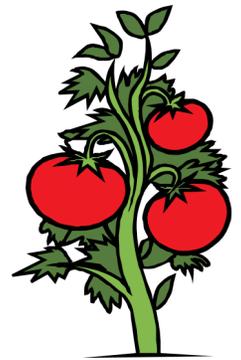
*This is a FREE breakfast
made possible by
The Shirley Charitable Foundation &
Friends of Nashoba Valley Medical Center*

SIGN UP NOW!

**To take part in our
Senior Center Garden**

*Share the work!
Share the fun!
Share the food!*

Call 978-425-1390 or coadirector@shirley-ma.gov



Get Connected to Stay Connected

Teen Techs can help! June 9th at 3 p.m.

Do you want to learn how to **Skype** with your grandchildren? Use **Facebook** so that you can stay connected with your family and see all of the photos they post? How about **texting, emailing or sharing photos**? Students from Ayer-Shirley Regional High School will be on hand to help you one-on-one. Bring your smart phone, tablet or lap top and learn how to stay connected!

You must register!

**Call TODAY 978-425-1390
or email: coadirector@shirley-ma.gov**

Senior Lunch

Wednesday, June 15th
11:30 a.m.



Menu

Barbeque Chicken
Potato Salad, Vegetable, Rolls
Homemade Strawberry Shortcake

Cost \$5.00
No reservations necessary

Entertainment

** Immediately Following Lunch **

**Dawn Kelley
and Dick Miller**

**“Patriotic
Sing-Along”**

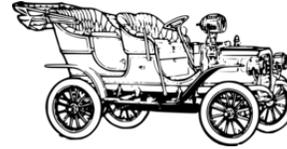
Weight Loss Group - June 21st at 1 p.m.

Are you trying to lose those extra pounds you gained over the winter or have you reached your goal and are looking to maintain your loss? Join a group of people who are looking to each other for support in this endeavor. There will be no specific diet(s) recommended only what has been working for you.

We will share the latest research and advice to get the weight off and keep it off. Research shows that support is an important factor in weight management. Join us for great discussions and support.

SIGN UP: Call 978-425-1390
COADirector@shirley-ma.gov
Or stop in!

**“Cruisin’ the Senior Center”
Breakfast Car Show**



Monday, June 27th ~ 8:30-9:30 AM

Join us for a hearty breakfast cooked by Chef Chip Guercio, featuring Western Scrambled Eggs or Plain, Texas Toast French Toast, Ham, Home Fries, English Muffin, Juice and Coffee, all for **\$2.00**. When you’re finished eating, go outside and admire the classic cars courtesy of the Yankee Ingenuity T’s Car Club and friends.

Belly Dancing for Fun and Fitness
Summer Session begins July 11th at 9:30 AM

Belly Dancing is back this summer! Instructor Gypsy Phillips is in her 70’s and has almost four decades of experience teaching belly dancing to all ages. She says that it’s a wonderful exercise for older people. “Learning steps helps to improve memory and the movement works out the aches and pains.” And you don’t have to have a super-model body for this. Gypsy says: “this is for real people to dance and enjoy themselves. We laugh all through the class!” Come give it a try and have some fun!

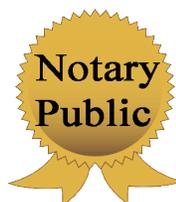
Summer Session classes will run from **July 11th—August 29th at 9:30 a.m.** Session cost is \$35. Sign up at the Senior Center, call 978-425-1390 or email coadirector@shirley-ma.gov.



**Make a
Decoupage Box**

For yourself or a loved one!
Instructor: Sally Hamel
June 15th at 10 a.m.

No Cost
Please register at 978-425-1390
or coadirector@shirley-ma.gov



Notary Public
Available at the Senior Center
Patrick Curtin - *Outreach Worker*

Available Monday and Wednesday 1-5
Please call 978-425-1390

Café Open Mon.-Thurs.
from 9AM to Noon

June 2016

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DROP IN CAFÉ Mon.-Thurs. 9 AM to NOON	<i>For a SHINE</i> <i>Appointment</i> <i>Call</i> 978-425-1390	1 8:45-9:45 Senior Fitness 9-11 Creativity Time 11:00 PIZZA & A MOVIE "Brooklyn" 1:00 Bingo	2 9:00 Walking Group 10:00 Wii Bowling	3 Closed	4
5	6 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	7 9:00 Walking Group 9:30-12 Bridge/Dominoes 1:00 "Outside the Lines" Coloring	8 8:45-9:45 Senior Fitness 10-11:30 Memory Matters 11:30 Choice Café 1:00 COA Meeting	9 9:00 Walking Group 9:30 Blood Pressure 10:00 Wii Bowling 3:00 Teen Techs	10 Closed	11
12	13 8:30 VETERANS' BREAKFAST 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	14 9:00 Walking Group 9:30-12 Bridge/Dominoes 1:00 "Outside the Lines" Coloring 1:00 "Let's Talk" Discussion Group	15 8:45-9:45 Senior Fitness 10-11 DECOUPAGE BOXES 11:30 SENIOR LUNCH 12:30 Patriotic Sing-Along 1:30 Bingo	16 9:00 Walking Group 9:00 SHINE 10:00 Wii Bowling	17 Closed	18
19	20 10-11 SENIOR INFO "Lyme Disease Prevention" 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	21 9:00 Walking Group 9:30-12 Bridge/Dominoes 1:00 "Outside the Lines" Coloring 1:00 Weight Loss Group	22 8:45-9:45 Senior Fitness 9-11 Creativity Time	23 9:00 Walking Group 10:00 Wii Bowling	24 Closed	25
26	27 8:30 SENIOR BREAK-FAST & CAR SHOW 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	28 9:00 Walking Group 9:30-12 Bridge/Dominoes 1:00 "Outside the Lines" Coloring	29 8:45-9:45 Senior Fitness 10-11:30 Your Home as a Strategic Asset 11:30 Choice Café 1:00 Bingo	30 9:00 Walking Group 10:00 Wii Bowling		