



October 2015

Dracut Council on Aging Newsletter

978-957-2611

951 Mammoth Road, Dracut MA, 01826

www.dracutma.gov/council-on-aging

Senior Center Hours

Monday - Friday
8:00 AM to 4:00 PM
October 5th & 19th until 6:00 PM

COA Staff

Executive Director

Bethany Loveless
bloveless@dracutma.gov

Activities & Volunteer Coordinator

Judy Gilbert
jgilbert@dracutma.gov

Social Services Coordinator

Donna Houston
dhouston@dracutma.gov

Clerk/Bookkeeper

Pat Cahill
pcahill@dracutma.gov

Dispatcher

Kathie Zabbo-Greenwood
kgreenwood@dracutma.gov

Bus Driver - Anita Chartier

Bus Driver - Charleen Bennett

Bus Driver - Dee Dee Idras

Bus Driver - Louanne Brady

Custodian - Gertrude Frechette

Custodian - Bob Houston

Meal Site Manager - Debra Lasorsa

Meal Site Aid - Donna Campbell

COA Board

Lt. Mike Fleury, Chairperson

Ann Casey, Vice Chairperson

Renee Espinola, Secretary

William O'Neill

Chet Pater

Gerald Surprenant

Louis Darvirris

Omer Matte

Anna Collupy

Dracut Senior Center's

Free Health Fair

Tuesday, October 6th

10:00 AM to 1:00 PM

All Welcome!

25 + Vendors:



Participating Agencies Include:

- Area Businesses
- Home Care Companies
- Local Pharmacy
- Town Fire & Police
- Local Doctors' Offices
- Lowell General Hospital
- Community & State Resources
- Assisted Living Residences

Free Screenings & Services:

- Blood Pressure Clinic
- Spine Screenings
- Body Mass Index
- Flu Shots!

Director's Message

The Distance Medical bus is scheduled to start Monday, October 5th (contingent upon bus inspection). Please give us a call prior to booking distance medical appointments just to be sure our bus is set. We are so happy to be able to provide this new service. Please bear with us as we will undoubtedly learn as we go. See page 7 for more details. -Bethany

Harvest Ball

Save the Date - Friday, November 6th 2:00 - 5:00 PM

The Harvest Ball is back! Join us as we join with the Dracut Middle School for an afternoon of dancing at the senior center. We will have food, raffles and fun. Dressy attire or a costume welcome! Tickets \$5

Professional Services

Call the COA at 978-957-2611 to make an appointment with services listed below unless otherwise noted.

SHINE

Wednesday, October 21st & 28th

Appointments with SHINE (Serving the Health Insurance Needs of Elders) Counselor Jill O'Sullivan for impartial health insurance information at no charge.

Social Security Help

Monday, October 19th from 3 - 5 PM

Appointments with retired Social Security volunteer, Kathy Gosselin, for advice and questions regarding SS benefits.

Fuel Assistance

Call for an Appointment

Claire Wuolle, a retired Fuel Assistance professional, schedules appointments to assist seniors in applying for Fuel Assistance.

Representative Colleen Garry

Monday, October 19th at 10:30 AM

Rep. Garry, or a staff member from her office, will be on hand to answer your questions, take feedback, and talk about state and local issues.

Senator Barbara L'Italien

Monday, October 26th at 11:30 AM

Senator L'Italien, or a staff member from her office, will be available to discuss your concerns regarding state and local issues, especially in regards to elder affairs.

Health Clinics

Drop in: Thursdays, 1:30 to 3:45 PM

Drop in hours to see Circle Home (formally Lowell VNA) RN Nancy Harding, for blood pressure or blood sugar checks, weight monitoring and general consultations. 100% of donations received for this service support Circle Home.

Hearing Screenings

Monday, October 19th 10 AM to 12 PM

Appointments with Chris Streeter from Affordable Hearing to have your hearing checked and hearing aids checked/cleaned.

Outreach & Social Services

Donna Houston, Social Services Coordinator

978-957-2611 dhouston@dracutma.gov

What exercises can I do without leaving my home?

You don't need to leave the house to be physically active. When the weather is too hot or too cold, or you don't feel like getting dressed to go out, there are ways you can exercise right in your own home. You can...



- ⇒ dance to music on the radio or a CD
- ⇒ lift hand weights, soup cans, water bottles, or resistance bands while watching TV
- ⇒ do floor exercises like thigh stretches and hip stretches
- ⇒ do leg lifts while holding on to a sturdy chair, counter or wall for support
- ⇒ march in place or walk around the room while talking on the telephone
- ⇒ take a few extra trips up and down the steps at home to strengthen your legs and build endurance
- ⇒ work out with an exercise DVD. Get "Everyday Exercises," a free exercise DVD from the National Institute on Aging.... Go to the website; www.nia.nih.gov/health/publication/go4life-dvd
- ⇒ while putting your groceries away, strengthen your arms by lifting the milk carton or a 1-pound can a few times
- ⇒ walk on the treadmill, ride the stationary bike, or use the rowing machine that's gathering dust in your bedroom or basement
- ⇒ vacuum, mop, sweep, or dust those hard-to-reach areas
- ⇒ play ping pong with the grandkids
- ⇒ take advantage of small bits of "down time" to do an exercise or two. For example, while you're waiting for the coffee to brew or for your spouse to get ready to go out, do a few wall push-ups or calf stretches.

But if you do want to get out, come to the COA where we offer something for just about everyone! See page 5 for more details.

- Bone Builders - Strength Training and falls prevention. Classes have a wait list, but we are looking to recruit new instructors.
- Tai Chi - Slow paced class great for balance and mental focus.
- New - Senior Tap Class, Dancing is the most fun exercise
- Energetics - Mix of cardio and strength training set to music.
- New - Gentle / Chair Yoga, participate in this class anyway that is comfortable for you either in a chair or on your mat.
- Zumba Gold - Cardio option which incorporates lots of dance.
- Line Dancing - Get up and groove, no partner required
- Meditation - feeling like your mind is overworked? Get focused.

Friends of the Dracut Elderly

Next Friends Meeting

Wednesday, October 21st at 10:00 AM

Topics to be discussed include suggestions and ideas resulting from participation in Old Home Day, and our continued fundraising efforts. See you then!



Fall 120 Club Raffle Now Open

Tickets went on sale for the Fall 2015 120 Club on Old Home Day, September 12th. Although many tickets are already sold, there are still plenty of numbers to choose.

For those who do not know, this is a special raffle where only 120 tickets will be sold. Tickets cost \$20 each and 1 ticket gives you multiple chances to win! Prize drawings are 20-\$20 winners, 1-\$100 winner, 1-\$200 winner and 1-\$500 winner.

We had a lot of fun pulling the winners last time we ran the raffle. So, join us on Friday, November 6th at the Harvest Ball for this round's drawing. Until then, or until all tickets are sold, tickets are available at the Senior Center front desk.

Remember, funds raised go toward our efforts to put TVs in the dining room.

Friends Foxwoods Trips

\$30 per person - Sign up at Center Front Desk

Friday, October 23rd

Friday, November 20th

For information on Foxwoods Trips
call Carol at 978-957-5527.

Friend's Board Members

President, Barbara Dickinson
Treasurer, Linda Tamvaklis
Clerk, Mike Langlois
Board Member, Judy Fuller
Board Member, Linda Bloomgren
Board Member, Mark Ivos
Board Member, Patricia Merrill

Places to Pick Up the Newsletter:

Alexander's Pharmacy, All Dracut Senior Housing, TD Bank (Bridge St), Market Basket, CVS (Lakeview Ave), Dracut Family Diner, Dracut Police Station, Dracut Town Hall, Jeanne D'Arc Credit Union (Lakeview Ave), Lucky Oil Burner Service, Bobola'a Restaurant, MV Chiropractic (Bridge St Dracut), M.G. Parker Memorial Library, Plaza Cleaning Center, Shaw Farm, St. Mary Magdalene Church, Tedeschi's (Mammoth Rd), Dracut True Value Dracut, St. Francis Church, Washington Savings Bank (Broadway Rd), Dracut Barber Shop, Village Inn, St. Marguerite D'Youville Parish.

Dracut Senior Citizen's Club

The Dracut Senior Citizen's Club is a social club open to any senior age 60 and older, regardless of where you reside. Annual membership is \$2.00.

Member Meetings

Wednesday, October 14th & 28th

Meetings are held at the Dracut Senior Center from 1:00 to 3:00 PM. An optional Bingo game follows each meeting. For information on membership, or other Club related questions, feel free to call Mary Rowe at 978-697-6605.

Dinner Dance

Wednesday, October 21st at Lenzi's

First Lenzi's dinner of the season. We can't wait to see you there!

Wish List

- Harvest / Halloween Napkins
- Gel Pens
- Colored Pencils
- Paper Towels & Tissues
- Wheel Chairs
- Shower Chairs
- Bottles of Soda / Water
- Teacups, Saucers, & Tea Pots



Thank You

Gloria Gagnon - Tea Cups & Saucers
Terry Vincent - Silverware
Yvette Beaudoin - Plastic Silverware
Dracut Police Association - for putting on an awesome Veterans cookout in September!
Karen White - Shower Bench
Hope Nault - Wheel Chair
Richard & Shirley Beauchesne - New Orleans Masks
Gloria Laferriere - Colored Pencils

Second Hand Rose

Thrift Shop

Open Daily at the Dracut Senior Center.
Donations of new/gently used, clean items arrive daily and are greatly appreciated.
General Public Welcome
All proceeds benefit the Friends.

**DON'T KEEP YOUR
BUSINESS A SECRET!**
Sponsor this newsletter today!!!
Call Today
800-888-4574

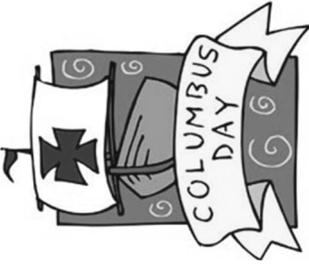


**THIS SPACE IS
AVAILABLE**

October 2015

For a full menu please see the Senior Center kitchen or front desk. MOW = Meals On Wheels entrée only.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept 28 10:00 Zumba Gold 10:00 Bone Builders 11:30 Senator L'Italien 11:30 Shepherd's Pie 1:00 Bingo Center Open Until 6:00 PM	Sept 29 9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Peach Glazed Chicken 12:00 Movie - Hot Pursuit 12:30 Senior Tap 12:30 Stitch & Bitch	Sept 30 8:45 Yoga 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 LS Hot Dog 12:00 Ice Cream Trip 12:00 Art Class 1:00 Bone Builders	Trip Sign Ups Open 1 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Cheese Lasagna 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	2 8:30 Walmart 9:00 Line Dancing 10:00 Bone Builders 11:30 Salmon Boat 12:00 Cribbage 12:00 October Fest Party
5 10:00 Zumba Gold 10:00 Bone Builders 11:30 Chicken Fijitas 1:00 Bingo Center Open Until 6:00 PM	10 - 1 Health Fair  9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 11:30 Baked Fish 12:30 Senior Tap	7 8:45 Yoga 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Meatball Sub 12:00 Ice Cream Trip 12:00 Art Class 1:00 Bone Builders	8 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Glazed Pork Loins 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	9 9:00 Line Dancing 9:00 Bridge of Flowers 10:00 Bone Builders 11:30 Tuna Noodle Casserole 12:00 Cribbage

<p>Center Closed</p>  <p>12</p>	<p>9:00 Grocery Shopping 9:00 Vets Breakfast 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Chicken Marsala 12:00 Movie - Aloha 12:30 Senior Tap 12:30 Stitch & Bitch</p>	<p>8:45 Yoga 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Shaved Steak 12:00 Art Class 1:00 Bone Builders 1:00 Senior Club Mtg.</p>	<p>9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Roast Turkey Dinner 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy</p>	<p>16</p> <p>9:00 Line Dancing 9:00 Christmas Tree & Weathervane 10:00 Bone Builders 11:30 Stuffed Shells 12:00 Cribbage</p>
<p>10:00 Zumba Gold 10:00 Hearing Screenings 10:00 Bone Builders 10:30 Rep. Garry Dracut Reads Book Discussion 11:30 Tuna Salad 1:00 Bingo 3 - 5 SS Help Center Open Until 6:00 PM</p>	<p>9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Baked Ham 12:30 Senior Tap 12:30 Stitch & Bitch</p>	<p>8:45 Yoga 9:00 Computer Class 9:30 SHINE 10:00 Friends Meeting 10:00 Tai Chi 10:00 Bone Builders 11:00 Senior Club @ Lenzi's 11:15 Meditation 11:30 Pot Roast 12:00 Art Class 1:00 Bone Builders 2:30 COA Board Meeting</p>	<p>9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 BBQ Chicken 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy</p>	<p>23</p> <p>7:00 Friend's Foxwoods 9:00 Line Dancing 9:00 Yankee Candle 10:00 Bone Builders 11:30 Macaroni & Cheese 12:00 Cribbage</p>
<p>10:00 Zumba Gold 10:00 Bone Builders 11:30 Senator L'Italian 11:30 Pork Diane 1:00 Bingo</p>	<p>9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Egg Salad 12:00 Movie - Age of Adaline 12:30 Senior Tap 12:30 Stitch & Bitch</p>	<p>8:45 Yoga 9:00 Computer Class 9:30 SHINE 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Potato Crusted Fish 12:00 Art Class 1:00 Bone Builders 1:00 Senior Club Mtg.</p>	<p>9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Meatloaf with Gravy 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy</p>	<p>30</p> <p>9:00 Line Dancing 9:00 Target, 5 Below & China Buffet 10:00 Bone Builders 11:30 Chicken Parmesan 12:00 Cribbage</p>



Northwood
Rehabilitation & Health Care Center

Short-Term Rehabilitation • Long-Term Care
Hospice Care • Respite Care
Come tour our beautiful facility.
Northwood Rehabilitation & Health Care Center
1010 Varnum Avenue, Lowell, MA 01854
978-458-8773 • athenanh.com/northwood
Managed by Athena Health Care Systems

Space for Sale SPONSOR THIS NEWSLETTER!!!
For more information, please call
800-888-4574

On Going Events & Activities

Social & Educational

Beginner's Computer- Wednesdays from 9:00 to 11:00 AM. Get individualized attention from Instructor Pat Merrill as you learn skills in this comfortable environment. \$15 for an 8 week course.

Arts & Crafts

Coloring Club - Tuesdays & Thursday at 10:00 AM. Supplies provided, No charge! No club 10/6.

Stitch & Bitch - Tuesdays at 12:30 PM. Bring your hanwork and stitch with friends. Novice and experienced welcome. No charge. No Group 10/6.

Art with Joan - Wednesdays from 12:00 to 2:00 PM. Cost is \$40 for an 8 week session. Join studio owner Joan Turner as you paint or draw. Bring your supplies and the piece you are working on.

Health & Fitness

Senior Tap - Tuesdays 12:30 PM \$48/ 6 class
All levels welcome from the experienced to those putting on their tap shoes for the first time.

Gentle / Chair Yoga - Wednesdays 8:45 AM \$5/ class
Participants can choose to switch between a mat or a chair throughout the class or use the chair only.

Zumba Gold - Mondays 10:00 AM \$4/ class
A party-like dance workout, specifically designed for seniors and beginners.

Energetics - Tues. & Thurs. 9:00 AM \$4/ class
A fun and upbeat class with a mix of cardio and strength training.

Qigong & Tai Chi - Wednesdays 10:00 AM \$5/ class
These self healing practices are based on gentle movements, relaxation, and deep breathing. They improve blood pressure, cardiovascular health, sleep, balance, and more.

Bone Builders - Pre-registration is required, see COA staff for details. Currently all classes have a wait list.

Meditation - Wednesdays 11:15 AM *No Charge*
Quiet your mind, relax the body, improve your focus.

Beginner Line Dancing - Fridays 9:00 AM \$2/ class

Senior Bowling League - Fridays at 9:00 AM
Park Lanes in Windham, NH. New bowlers welcome.

Cards & Games

Cribbage - Fridays at 12:00 PM

Bingo - Mondays & Thursdays at 1:00 PM

Mahjong - Thursdays at 1:00 PM

Featured Events

Please RSVP in advance for the following events. Call 978-957-2611

October Fest (Oktoberfest)

Friday, October 2nd at 12:00 PM

Sorry, you will have to leave the beer steins at home, but we will be having an excellent afternoon of pretzels, bratwurst and other traditional foods and root beer drinks. Dance along to polka music provided by favorite DJ, Ray Tremblay. Suggested donation \$4.

Veterans Breakfast

Tuesday, October 13th at 9:00 AM

Breakfast is open to veterans, their families, and those interested in veteran's affairs.

Lunch & Movie

Tuesday, October 13th at 12:00 PM

Aloha, rated PG13. Bradley Cooper starts as a defense contractor sent to a base in Hawaii where he was once stationed. In Hawaii, Bradley is compelled to find closure with a former love, while falling for an Air Force Captain assigned to supervise his time on the base. Also starring Rachel McAdams, Emma Stone, and Bill Murray

Dracut Reads Book Discussion at COA

Monday, October 19th at 10:00 AM

Defending Jacob by William Landay

Andy Barber has been an assistant district attorney in his suburban MA county for more than twenty years. He is respected in his community, tenacious in the courtroom, and happy at home. But when a shocking crime shatters their New England town, Andy is blindsided by what happens next: His fourteen-year-old son is charged with the murder of a fellow student. Join a librarian from the Parker Library for a lively discussion of the book. Pick up your copy at the Council on Aging or at the Parker Library Large Print and Audio versions are available.

Lunch & Movie

Tuesday, October 27th at 12:00 PM

Age of Adaline, rated PG13. After a mysterious accident, Adaline, finds herself unable to age. Forever 29, even though she is closer to 80, she avoids personal relationships to protect her secret. That is until she falls for a charming young man. But, a trip to meet his parents threatens everything as his father, played by Harrison Ford, remembers who she is.

Featured Excursions

Pick-ups begin at 9:00 AM unless otherwise noted.
Bus fare - \$5 round trip for below trips unless noted.
Sign-ups for below trips open Thursday, October 1st.

Friday, October 2nd - Walmart. This Walmart trip will begin with early pick ups at 8:30 AM, giving you plenty of time to shop before the Senior Center's October Fest. Bus Fee, \$3 round trip.

Wednesday, October 7th - Mystery Ice Cream Trip
Pick-ups begin at 12:00 PM. Bus fee, \$2 round trip

Friday, October 9th - Bridge of Flowers (free admission)

We will be traveling to Shelburne Falls to see this railroad bridge originally constructed in 1908.



When the bridge became obsolete in 1929, a local Women's Group raised the money to transform it into one of the most interesting public gardens. Right by the Bridge is Mo's Fudge Factor, a fudge and candy tour. In fact, many pizza places, and delis are all surrounding the bridge so lunch is "take your pick."

Friday, October 16th - Christmas Tree Shop & Weathervane. Shopping and a great lunch.

Friday, October 23rd - Yankee Candle Flag Ship Store

Deerfield, MA is home to the largest candle store in the world. However, this store is hardly all candles. There is a Christmas display with hundreds of ornaments for purchase, candle making museum, and a variety of other products such as Pandora, Vera Bradley, specialty kitchen items, and a toy section. For treats there are sandwiches, fudge, a candy store, Ben and Jerry's, and gourmet popcorn.



Friday, October 30th - Target, 5 Below & China Buffet
All three at the same plaza in Lowell.

Upcoming Trips

Reservations for the below November/December trips open Monday, November 2nd and are accepted until the trip fills.

- Friday, November 6th** Walmart, early pick-up at 8:30 AM
- Friday, November 13th** Christmas Place, Abington
- Friday, November 20th** Pheasant Lane Mall
- Wednesday, November 25th** Methuen Festival of the Trees
- Friday, December 4th** Bright Nights & Golden Corral

Dracut COA Buses

Kathie Zabbo - Greenwood, COA Dispatcher
kgreenwood@dracutma.gov

Reservations call 978-957-2611

Local Shopping/Social Trips

Mondays - Thursdays: 8:30 AM to 3:30 PM

Principle Driver - Anita Chartier

Reservations are taken no later than 12:30 PM the day prior to your trip.

Bus Fare: \$1 each way or 20 ride ticket for \$18
Shopping and errands around Dracut including to the senior center, grocery shopping, adult day health programs, hair appointments, pharmacies, banking, and visiting friends, just to name a few.

Local Medical Trips

Mondays - Fridays: 8:00 AM to 2:00 PM

Principle Driver - Charleen Bennett

You are encouraged to book your medical trips as soon as you make your doctor's appointment. Transportation to the following destinations for medical appointments. Scheduling is done on a first come, first serve basis.

Within Dracut - \$1 each way

Lowell Destinations - \$2 each way

Chelmsford Destinations & Select Destinations in Tewksbury- \$3 one way or \$5 round trip

Distance Medical Trips

Principle Drivers -

Dee Dee Idris & Louanne Brady

Please book your medical transportation as soon as you make your doctor's appointment. The bus is scheduled on a first come, first served basis, and only operates when there are reservations, so requests made with less than 3 days notice cannot be accommodated.

Tuesdays & Thursdays - Points South

Serving Appointments 11 AM to 1 PM

Mass General, Dana Farber, Beth Isreal, Joslin, Brigham & Womens, Lahey Clinic, and the VA in Jamaica Plain and Bedford.

Bus Fare Greater Boston \$20 round trip

Burlington Area \$15 round trip

Wednesdays - Points North

Serving Appointments 10 AM to 1 PM

Southern New Hampshire Medical Center, Saint Joseph's, Southern NH Healthcare in Pelham.

Bus Fare Greater Nashua \$10 round trip

Be World Conscious



Recycle!



**Commonwealth
NURSING SERVICES , INC.**

- Home Health Aides
 - Homemakers • Nursing Care
- 2 hours to 24 hours*

40 Church Street, Lowell, MA
978-459-7771

SHOW YOUR SUPPORT

sponsor your
local newsletter

Call 800-732-8070



THIS SPACE IS
AVAILABLE

Congdon Law Offices

Jerry S. Congdon, ESQ
Wills • Trusts • Probate
Real Estate • Elder Law
Reverse Mortgages

978.500.5978

**WILL VISIT YOU
IN YOUR HOME**

841 Main St., Tewksbury, MA 01876



For Advertising Information,
call **LISA TEMPLETON**
at LPi today!

1 (800) 888.4574 ext. 3450
ltempleton@4LPi.com

Space for Sale SPONSOR THIS NEWSLETTER!!!
For more information, please call **1-800-888-4574**

Spotlight Your Special Event Here

- Grand Opening
- Special Offer/Sale
- Seasonal Event
- Anniversary/Birthday
- 1- or 2-month
ad space available



1-800-888-4574

HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



LPi Liturgical Publications Inc
Connecting Your Community™

NEXT EXIT

DREAM JOB



- Growing company currently hiring Ad Sales Executives
- Sales experience preferred • Full-time
- Uncapped commissions • Overnight travel required
- Competitive benefits program offered

E-mail jobs@4LPi.com for more information

PROTECTING SENIORS NATIONWIDE

PUSH

TALK

24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- No Long-Term Contracts
- Price Guarantee
- American Made

TOLL FREE: 1-877-801-5055

*First Three Months

**HOLIDAY
SPECIAL**

