



September 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
September 14th & 28th until 6:00 PM

COA Staff

Executive Director

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bloveless@dracutma.gov

Activities & Volunteer Coordinator

Judy Gilbert
jgilbert@dracutma.gov

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pcahill@dracutma.gov

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kgreenwood@dracutma.gov

Bus Driver - Anita Chartier

Bus Driver - Charleen Bennett

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

Director's Message

With the start of the Fall season, the Senior Center is in full swing. We have exciting new activities launching this month (see below), the Dracut Senior Citizens Club starts back up again and we have great special events planned for September and into October (see page 6).

Our biggest news is the addition of our third bus I wrote about last month. This bus will be available for long distance medical trips three days a week, two days traveling as far South as Boston, and one day traveling to Nashua. I wish that I could tell you exactly when this service will begin. The bus has arrived at the LRTA and has its plates, but cannot begin service until a DOT inspection is preformed. Fingers crossed that the DOT will get to the LRTA soon! - Bethany

3 New Activities Start this Month!

Coloring Club

Tuesdays & Thursdays at 10:00 AM Starting September 8th

See page 6 for more details on this free new activity.

Gentle/Chair Yoga

Wednesdays from 8:45 - 9:30 AM starting September 9th

Although instructor Daphna, pictured right, has been a yoga practitioner for 15 years and can do some interesting poses, she has geared this class specifically for us. During this senior-centered yoga class, participants can choose to switch between a mat or a chair throughout the class or use the chair only. Participants using a mat do need to bring their own. In addition to teaching yoga, Daphna works at the Stonehedge Inn and Spa in neighboring Tyngsboro. Fee \$5 / class.



Senior Tap

Tuesdays at 12:30 PM starting September 15th (not the 8th)

Interested in tapping? All levels welcome from the experienced to those putting on their tap shoes for the first time. Join instructor Rose Mary Thuotte, who has been dancing for 45 years, as you take part in this fun exercise class. Dance to music from the big band era and other familiar favorites. Participants need to bring their own tap shoes. Possible stores: Dancer's Closet in Nashua, or Payless. Fee \$48 / six week session.

Professional Services

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

SHINE

Wednesday, September 9th & 23rd

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, September 14th from 3 - 5 PM

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

Fuel Assistance

Seasonal November to April

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

Representative Colleen Garry

Monday, September 21st 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, September 28th 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 (visiting nurses association) 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, September 14th 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

Medicare Open Enrollment

October 15th to December 7th

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016. It is important to review, understand, and save this information! During Medicare Open Enrollment, you will be able to change your plan for next year. If you would like help understanding your options, a trained SHINE counselor is available to offer free and confidential counseling on all Medicare and related health insurance programs. To learn more about how SHINE can help you, call us at the Dracut Senior Center at 978-957-2611.

SHINE Medicare Open Enrollment Info Session

Tuesday, September 22nd at 12:00 PM

SHINE (Serving the Health Insurance Needs of Everyone) staff will be giving a presentation at our Senior Center on the 22nd to go over the basic information and Medicare changes you need to know for Open Enrollment. Many of you will find that this talk will answer your questions, but if not, you can set up an individual appointment with Jill, our SHINE Volunteer. Please RSVP for this talk by calling the Senior Center at 978-957-2611.

AARP Foundation Tax-Aide Seeks Volunteers

AARP Foundation Tax-Aide, the nation's largest free, volunteer-run tax preparation and assistance service is seeking volunteers to prepare and file 2015 tax returns for Dracut taxpayers typically Dracut Seniors. AARP Tax-Aide volunteers do not need to be an AARP member or a retiree to participate. In addition to the Dracut Library and Dracut Senior Center, AARP volunteers also work at senior centers and libraries in Chelmsford, Westford, Tyngsboro, Lowell, Billerica and Tewksbury.

Tax law and software training is provided. You should be comfortable with using computers. It is also helpful, but not required, if you've been doing taxes for your family using tax software. For more information on how you can join the AARP Foundation Tax -Aide team, call Harry or Joan at 978-256-4601.

IRS Scam Alert - The IRS is not calling you...even if caller ID says so! Calls from people pretending to be IRS employees, seeking information from you such as your social security number are a common scam. They have equipment able to trick your caller ID into thinking the IRS is calling, or make it look like you are calling yourself. Truth is, the IRS does not reach out to tax payers via the phone. In general, protect yourself by never giving your SSN out over the phone unless you have called the agency yourself.

Friends of the Dracut Elderly

Friends 120 Club Raffle

For our first 120 Club round, a total of 89 tickets were sold. This means that after the \$1,200 of prize money was handed out, our Friends Group raised \$580! Not bad for our first 120 raffle. Now that more people know what it is about, let's see if we can get all 120 tickets sold next time.

Summer 2015 120 Club Winners:

\$20 Winners - Florence Brennan	Jeannette Chandonnet
Ruth Chappas	Claudette Cole
Therese Beauégard	Carol Ann Fennel
James MacDonald	Claire Wuolle
Carol Boudreau	Rocky Provencher
Estelle Grande	Kathie Greenwood
Kathy Gosselin	Pat Cahill
Tom Barry 2x	Monica Gagne
Gert Frechette & Dan Grieb (split ticket)	

\$100 Winner - Kathy Gosselin

\$200 Winner - Jeanine Lemay

\$500 Winner - Normand Bilodeau & Dan Grieb
(split ticket)

Next 120 Club will start at Old Home Day!

**Visit us at Dracut Old Home Day
Saturday, September 12th
from 9:00 AM to 4:00 PM**

Both the Senior Center and our Friends Group will be represented at Old Home Day handing out information and selling chances to win everything from raffle baskets to a 3 wheeled bike!

**Next Friends Meeting Open to All
Wednesday, September 16th at 10:00 AM**

Meeting agenda will include:

- ⇒ Update on fundraising efforts to date
- ⇒ Notes and feedback on Old Home Day booth
- ⇒ Continued fundraising planning

Friends Board Members

President, Barbara Dickinson

Treasurer, Linda Tamvaklis

Clerk, Mike Langlois

Board Member: Judy Fuller, Linda Bloomgren

Mark Ivos, Frances Busby, & Pat Merrill

Friends Foxwoods Trips

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

Friday, September 25th Sign up Begins Aug 26th

Friday, October 23rd

Friday, November 20th

Friends Atlantic City Trip

October 4th - 7th, 2015

4 days/3 night deluxe motorcoach for \$299 per person. Includes: accommodations at Bally's Hotel & Casino. round trip transportation from Dracut MA, \$75.00 slot play bonus, all local hotel taxes, baggage handling (1 suitcase/person) drivers gratuities.

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

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 your residency. Annual membership is \$2.00.

Member Meetings

Wednesday, September 9th & 23rd

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.

Welcome Dance

Wednesday, September 16th at Pelham Inn

Reconnect with club friends after a long, hot summer.

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's 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.

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.



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BUSINESS A SECRET!**
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**THIS SPACE IS
AVAILABLE**

September 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
Aug 31 9 - 12 Saja Farms 10:00 Zumba Gold 10:00 Bone Builders 11:30 Beef Burgundy 1:00 Bingo	1 9:00 Grocery Shopping 9:00 Energetics Video 10:30 Bone Builders 11:30 Tuna Pasta Salad 12:00 Veterans Cookout 12:30 Stitch & Bitch	2 9:00 Worcester Art Museum Trip 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 American Chop Suey 12:00 Art Class 1:00 Bone Builders	3 9:00 Energetics Video 10:30 Bone Builders 11:30 Chicken Marsala 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	4 9:00 Line Dancing 9:00 North Andover Mall & Grassfields 10:00 Bone Builders 11:30 Baked Salmon 12:00 Cribbage
Center Closed  HAPPY LABOR DAY	8 9:00 Grocery Shopping 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Pineapple Glazed Pork 12:30 Stitch & Bitch 2:00 Westford Farmers Market Trip	9 8:45 Gentle/Chair Yoga 9 - 12 Saja Farms 8:40 Computer Class 9:30 SHINE 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Stuffed Shells 12:00 Art Class 1:00 Bone Builders 1:00 Senior Club Mfg.	10 9:00 Energetics Video 10:00 Coloring Club 10:30 Bone Builders 11:30 Lunch Special Italian Pot Roast 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	11 9:00 Line Dancing 9:00 Walmart & Mama's 10:00 Bone Builders No MOW or Lunch 12:00 Cribbage Saturday 12th 9 - 12 Old Home Day Visit our booth!

<p>9 - 12 Saja Farms 14 10:00 Zumba Gold 10:00 Bone Builders 10:00 Hearing Screenings 11:30 Turkey & Cheese over Salad 1:00 Bingo 3 - 5 SS Help Center Open Until 6:00 PM</p>	<p>9:00 Grocery Shopping 15 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Tomato Onion Frittata 12:00 Movie - 2nd Best Exotic Marigold Hotel Senior Tap Class 12:30 Stitch & Bitch</p>	<p>8:45 Gentle/Chair Yoga 16 9:00 Computer Class 10:00 Friends Meeting 10:00 Tai Chi 10:00 Bone Builders 11:00 Senior Club @ Pelham Inn 11:15 Meditation 11:30 Mac & Cheese 12:00 Art Class 1:00 Bone Builders 2:30 COA Board Meeting</p>	<p>9:00 Energetics 17 10:00 Coloring Club 10:30 Bone Builders 11:30 Braided Chicken Birthday Cake 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy</p>	<p>9:00 Line Dancing 18 9:00 Big Lots & Lilac Blossom 10:00 Bone Builders 11:30 Lasagna 12:00 Cribbage</p>
<p>9 - 12 Saja Farms 21 10:00 Zumba Gold 10:00 Bone Builders 10:30 Rep. Garry Hours 11:30 Sliced Pork w/ Gravy 1:00 Bingo 9:00 Acton Farmers Market Trip Sunday 20th</p>	<p>9:00 Grocery Shopping 22 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Egg Salad 12:00 SHINE Medicare Info Talk 12:30 Senior Tap Class 12:30 Stitch & Bitch</p>	<p>8:45 Gentle/Chair Yoga 23 9:00 Computer Class 9:30 SHINE 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Cheese Ravioli 12:00 Art Class 1:00 Bone Builders</p>	<p>9:00 Energetics 24 10:00 Coloring Club 10:30 Bone Builders 11:30 Meatloaf 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy</p>	<p>9:00 Line Dancing 25 9:00 Daniel Webster Sq. & Olive Garden 10:00 Bone Builders 11:30 Potato Crusted Fish 12:00 Cribbage</p>
<p>9 - 12 Saja Farms 28 10:00 Zumba Gold 10:00 Bone Builders 11:30 Senator L'Italian 11:30 Shepherd's Pie 1:00 Bingo Center Open Until 6:00 PM</p>	<p>9:00 Grocery Shopping 29 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Peach Glazed Chicken 12:00 Movie - Hot Pursuit Senior Tap Class 12:30 Stitch & Bitch</p>	<p>8:45 Gentle/Chair Yoga 30 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 LS Hot Dog 12:00 Art Class 1:00 Bone Builders</p>	<p>9:00 Energetics Oct 1 10:00 Coloring Club 10:30 Bone Builders 11:30 Lunch 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy</p>	<p>8:30 Walmart Oct 2 9:00 Line Dancing 10:00 Bone Builders 11:30 Lunch 12:00 Cribbage 12:00 October Fest Party</p>



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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 begins Sept. 9th

NEW

Arts & Crafts

Coloring Club - Tuesdays & Thursday at 10:00 AM. Not your grandchild's coloring. Choose pictures from mature coloring books and color away to peace and serenity as you chat with friends. Coloring pages and colored pencils will be provided, No charge! Starts 9/8.

Stitch & Bitch - Tuesdays at 12:30 PM. Bring your knitting, crocheting, needlepoint and stitch with friends. Novice and experienced welcome. No charge.

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

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

Energetics - Tuesdays & Thursdays from 9:00 to 10:00 AM. A fun and upbeat class with a mix of cardio and strength training. Cost is \$4 per class.

Qigong & Tai Chi - Wednesdays from 10:00 to 11:00 AM. These self healing practices are based on gentle movements, relaxation, and deep breathing. They improve blood pressure, cardiovascular health, sleep, balance, and more. Cost \$5 per class.

Bone Builders - Increase your endurance and strength as you improve your balance and prevent falls. Pre-registration is required, see COA staff for details. Currently all classes have a wait list.

Meditation - Wednesdays from 11:15 to 11:45 AM. Meditation will quiet the mind, relax your body, and give you keys to improving your focus. No charge.

Beginner Line Dancing - Fridays at 9:00 AM. Cost \$2 per 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

Veterans BBQ

Tuesday, September 1st at 12:00 PM

September gathering will be a special afternoon Veteran's cookout sponsored by the Dracut Police.

Lunch & Movies

Tuesday, September 15th

Lunch 11:30 AM - Tomato Onion Frittata with potatoes O' Brien and vegetables.

Movie 12:00 PM - *2nd Best Exotic Marigold Hotel*, rated PG. The original Best Exotic Marigold Hotel is almost full and it is time to expand. However, like the first, this movie is not about the hotel, but the personal lives of those within the hotel. New arrival, Richard Gere, joins beloved members of the original cast, Judi Dench and Maggie Smith (to name a few).

Tuesday, September 29th

Lunch 11:30 AM - Peach Glazed Chicken with scalloped potatoes and broccoli and cauliflower.

Movie 12:00 PM - *Hot Pursuit*, Rated PG-13. Sofia Vergara plays the widow of a drug lord while Reese Witherspoon plays a police officer charged with Sofia's protection.

SHINE Medicare Open Enrollment Info Session

Tuesday, September 22nd at 12:00 PM

See Page 2 for Details.

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 our favorite DJ, Ray Trembaly.

Health Fair

Tuesday, October 6th 10:00 AM - 1:00 PM

Save the date for this new annual event. Your one stop for health care answers.

Saja Farms COA Visits

Mondays from 9:00 AM to 12:00 PM*

*We are closed 9/7 & 10/12 so Saja farms will be here Wednesday 9/9 & 10/14 instead.

Fresh, local produce easily accessible for our seniors to purchase. Not a "farmers market" so Farmers Market Coupons are not accepted. Cash, check, and credit cards accepted.

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 Monday, August 31st.

Wednesday, September 2nd - Worcester Art Museum
(Free Admission) A guided tour to view their collections including Ancient works, European masterpieces, Mid Century, an extensive exhibit of armor, and a special Samurai exhibit. Lunch will be at the Sole Proprietor (seafood).

Friday, September 4th - North Andover Mall & Grassfield's. Many people have requested so it is time to visit Grassfield's again. Before that, shopping option will include Kohls, TJ Maxx, Hallmark, and Payless.

Tuesday, September 8th - Westford Farmers Market
Pick-ups at 2:00 PM. This market has vendors from produce to meats to coffee and wines. It accepts SNAP and has a program to double the value of SNAP benefits spent on healthy foods at the market. (The weekly Market Basket trip will still take place this Tuesday morning.)

Friday, September 11th - Walmart & Mama's Restaurant.

Friday, September 18th - Big Lots plus & Lilac Blossom.
The "plus" refers to the other stores located around Big Lots including Jo Ann's Fabrics, Home Goods, Marshalls, and Pier One, to name a few. Lilac Blossom serves Chinese food.

Sunday, September 20th - Acton Farmers Market. The Acton Market prides itself on being a "producer only" market meaning that they only allow products that are grown/made by the vendor. This market also accepts SNAP. Rain day for this trip is Sunday, September 27th.

Friday, September 25th - Daniel Webster Square & Olive Garden. This plaza that contains Michaels, TJ Maxx, 5 below, Trader Joe's, and the Avenue (to name a few).

Wednesday, September 30th - Mystery Ice Cream Trip.
Pick-ups begin at 12:00 PM. Bus fee, \$2 round trip.

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, \$2 round trip.

Upcoming Trips

Reservations for the below October trips open Thursday, September 1st and are accepted until the trip fills.

- October 7th** Mystery Ice Cream Trip (last of the season)
- October 9th** Bridge of Flowers (Free Admission)
- October 16th** Christmas Tree Shop & Weathervane
- October 23rd** Yankee Candle Flag Ship Store
- October 30th** To be determined

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.

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

Wish List

- **Teacups, Saucers, & Tea Pots**
- Used or New Silverware (knives, forks & spoons)
- Paper Towels & Tissues
- **Harvest / Halloween Napkins**
- Wheel Chairs
- Shower Chairs
- Bottles of Soda / Water



Thank You

Linda Whoulet - Tea Cups & Saucers

Yvette Beaudoin - Paper plates

Carol Boudreau - Paper towels & Toilet paper

Normand Bilodeau - Trash Bags

Yvette Beaudoin - Paper plates & paper towels

Jeannine Lemay - Tea Cups & Saucers

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