

November 2016



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
November 21st & 28th until 6:00 PM

Dracut Veterans Services

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David Langford Sr.

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
William O'Neill
Chet Pater
Gerald Surprenant
Louis Darvirris
Omer Matte
Anna Collupy

Featured Events

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

Harvest Ball

Friday, November 4th at 2:00 PM

Thanks to the fundraising efforts of the Dracut Jr. High School Honor Society, we will once again host this fun intergenerational party. Festivities will include refreshments, games and prizes and dancing to DJ Ray Tremblay. Costumes are optional and there will be a costume contest with prizes. Tickets are available at the Senior Center for \$5.

Senior Medicare Patrol - Protect Yourself From Medicare Fraud!

Thursday, November 10th at 10:00 AM

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year? Patricia McMillen, a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program, will be here to discuss how to prevent, detect, report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. This workshop will provide you with the tools to become a more informed and engaged health care consumer. If you cannot attend this workshop but have questions about your healthcare bills, Medicare notices, or other health insurance statements, please call the MA SMP Program office at 800-892-0890.

SHINE Medicare Open Enrollment Info Session

Tuesday, November 15nd at 12:00 PM

It is Medicare open enrollment time! SHINE (Serving the Health Insurance Needs of Everyone) staff will be giving a presentation at our Senior Center 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.

Friends 120 Club Tickets Still Available

Drawing: November 17th during the Thanksgiving Celebration

Thanksgiving Celebration

Thursday, November 17th starting at 9:30 AM

We will kick off our turkey fest with a morning showing of Trains, Planes, and Automobiles starring John Candy and Steve Martin. One of the best comedies of all time, this movie tells the story about the struggle to make it home for Thanksgiving. Then, at 11:30, our favorite traveling chef is back to serve a fantastic Thanksgiving meal of carved turkey with all the fixings! Stick around after lunch for Bingo! (To be played at regular time of 1:00 PM). RSVP is required (as it is with all special events).

Professional Services

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

SHINE

Wednesday, November 9th & 30th

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 By Appointment

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

Fuel Assistance Mondays by Appointment

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

Representative Colleen Garry

Monday, November 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, November 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 RN Nancy Harding, for blood pressure and/or blood sugar checks, weight monitoring and general consultations. 100% of donations received for this service support Circle Home.

Hearing Screenings

Monday, November 14th 10 AM to 12 PM

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

Chair Massage

November 3th & 17th 10 AM to 1:00 PM

Susan from Pure Salon will be here to give 10 minute chair massages. Cost is \$5.

Outreach & Social Services

Donna Houston, Social Services Coordinator

978-957-2611 dhouston@dracutma.gov

What "Use-By," "Best If Used By," & "Sell-By" dates tell me?

"Use-By," "Best If Used By," and "Sell- By (or Before)," are product dates found mainly on perishable foods such as meat, poultry, eggs, and dairy products.

- A "Use-By" tells how long the product will be at peak quality. If you buy or use it after that date, it might not be safe.
- A "Best If Used By (or before)" date is the last date that the manufacturer of the product suggests is best for consuming the food. It is not a "purchase by" or safety date.
- A "Sell-By" date tells the store how long to display the product for sale. You should buy the product before the date expires.



Safety After a Date Expires

Except for "use-by" dates, product dates don't always pertain to home storage and use after purchase. "Use-by" dates usually refer to best quality and are not safety dates. Even if the date expires during home storage, a product should be safe, wholesome and of good quality if handled properly. See the accompanying refrigerator charts for storage times of dated products. If product has a "use-by" date, follow that date. If product has a "sell-by" date or no date, cook or freeze the product according to the times on the chart below. Foods can develop an off odor, flavor or appearance due to spoilage bacteria. If a food has developed such characteristics, you should not use it for quality reasons. If foods are mishandled, however, foodborne bacteria can grow and, if pathogens are present, cause foodborne illness — before or after the date on the package. For example, if hot dogs are taken to a picnic and left out several hours, they will not be safe if used thereafter, even if the date hasn't expired. Other examples of potential mishandling are products that have been: defrosted at room temperature more than two hours; cross contaminated; or handled by people who don't practice good sanitation. Make sure to follow the handling and preparation instructions on the label to ensure top quality and safety.

Anytime you're not sure about the safety of a food item, toss it out!

Friends of the Dracut Elderly

**Next Meeting Open to All
Wednesday, November 30th at 9:00 AM**

October Yard Sale Update

Our first yard sale was a huge success. Thank you so much to the Friends members and COA volunteers who helped out with this four day event. Also thank you to the student volunteers from the Dracut Middle and High School National Honor Societies. Table vendors had good sales and the item donations from the community was very generous. We raised over \$1,400! Not bad for year one! However, I do want to mention that we can raise almost the same amount (\$1,200) very simply: sell all the 120 Tickets.

120 Club Tickets

**Drawing: Thursday, November 17th
at the Thanksgiving Celebration.**

Tickets cost \$20 each and the prizes are: 20-\$20 winners, 1-\$100 winner, 1-\$200 winner and 1-\$500 winner. One ticket = 1 chance to win. Purchase yours at the COA office.

Free Trip

**Plainridge Park Casino
Wednesday, November 16th**

Departing approx. 8:30 AM, Returning approx. 3:30 PM

A no frills trip, however it is also no cost! There will not be refreshments served on the bus, nor will we play bingo. Bus seating is first come, first serve basis. You will receive a \$10 bonus slot play when we arrive at the casino. Finally, a \$2 driver gratuity and a \$2 Friends donation is suggested.

Golden Corral & Bright Nights

Wednesday, November 30th from 1:30 to 8:30 PM
2nd Bus - 25 Seats Available as of 10/21

Golden Corral then, Bright Nights at Forest Park. A 2.5 mile tour through the enchanted forest in a cozy coach bus to see the dazzling displays. Cost is \$20

Salem Cross Inn

Sunday, December 4th from 10:00 AM to 5:00 PM
14 Seats Available as of 10/21

Enjoy a play based on Dylan Thomas' "A Child's Christmas in Wales" and join in the caroling. A traditional New England turkey dinner will be served. Cost is \$50

For information on all above trips contact Carol Gavriel at 978-957-5527. The trips on 11/30 and 12/4 are offered at a discounted rate. For this reason you must be a member of the Friends to sign up. Membership is only \$3 for the year.

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 \$5.00.

Member Meetings
Wednesday, November 9th
Wednesday, December 14th

Meetings are held at the Dracut Senior Center from 1:00 to 3:00 PM. An optional Bingo game follows each meeting.

Christmas Party Dinner Dance
Wednesday, December 21st at Lenzi's

Wish List

- **Fall or Holiday Artificial Flowers**
- Patriotic Napkins
- **Winter / Holiday Napkins**
- Paper Towels & Tissues
- **Bottles of Sparkling Cider**
- New Year's Decorations
- Individually Wrapped Tea Bags
- Hot Coco Packets
- Transport Chairs
- Shower Chairs
- Bottles of Soda / Water
- **Individually Wrapped Candies**

We appreciate your donations.

Thank You

Yvette Beaudoin - Store Items

JB Golas - Store Items

Ann Casey - Harvest Napkins

Downtown Page - Sponsoring Laudi's Breakfast

Brick House - Pizza Discount for our 11/28 Event

*Thank you to all who give but
wish not to be mentioned.*

Second Hand Rose Thrift Shop

Open Daily at the Dracut Senior Center.

Donations of new/gently used items arrive daily and are greatly appreciated.

General Public Welcome.

Proceeds benefit the Friends.

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

November 2016

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <p>10:00 Bone Builders 11:30 Turkey Broccoli Casserole 1:00 Bingo 1:00 Pool Players</p>	<p>1</p> <p>9:00 Grocery Shopping 9:00 Veterans Breakfast w/ Singing Trooper 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 10:30 Senior Tap 11:30 Baked Fish 12:00 Movie: The Huntsman 12:30 Stitch & Bitch 12:30 Bone Builders 1:00 Pool Players</p>	<p>2</p> <p>Friend's Foxwoods</p> <p>9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Lemon Pepper Chicken 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players</p>	<p>3</p> <p>9:00 Energetics 10-1 Chair Massage 10:00 Coloring Club 10:30 Bone Builders 11:30 Meatloaf 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy</p>	<p>4</p> <p>9:00 Target & T-Bones 10:00 Bone Builders 11:30 Stuffed Shells 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players 2:00 Harvest Ball</p> <hr/> <p>Saturday, 5</p> <p>12 - 2 Art Show Reception</p>
<p>7</p> <p>10:00 Bone Builders 11:30 Sweet & Sour Chicken 1:00 Grief Group 1:00 Bingo 1:00 Pool Players</p> <p>7:30 Fall Town Meeting At Dracut HS</p>	<p>8</p> <p>9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 10:30 Senior Tap 11:30 Lasagna Alfredo 12:30 Bone Builders 1:00 Pool Players</p> <p>Election Day</p> 	<p>9</p> <p>9:00 Computer Class 9:30 SHINE 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Hamburger 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players 1:00 Senior Club Meeting</p>	<p>10</p> <p>9:00 Energetics 10:00 Coloring Club 10:00 Senior Medicare Patrol Presentation 10:30 Bone Builders 11:30 Beef Stew 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy</p>	<p>11</p> <p>Center Closed</p> 

<p>14</p> <p>10:00 Bone Builders 10:00 Hearing Screenings 11:30 LS Hot Dog 1:00 Bingo 1:00 Pool Players</p>	<p>15</p> <p>9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10-12 Flu Shot Clinic 10:15 COA Board Meeting 10:30 Bone Builders 10:30 Senior Tap 11:30 Chicken Bruschetta 12:00 SHINE Presentation 12:30 Stitch & Bitch</p>	<p>16</p> <p>Friends Plainridge Casino Trip</p> <p>9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Veggie Frittata 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players</p>	<p>17</p> <p>9:00 Energetics 9:30 Movie: Plains, Trains & Automobiles 10:00 Coloring Club 10-1 Chair Massage 10:30 Bone Builders MOW Turkey with Gravy 11:30 Thanksgiving Meal 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy</p>	<p>18</p> <p>9:00 Walmart & Primos 10:00 Bone Builders 11:30 Macaroni & Cheese 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players</p>
<p>21</p> <p>10:00 Bone Builders 10:30 Rep. Garry 11:30 Baked Chicken 1:00 Bingo 1:00 Pool Players 4 to 6 Center Open Late</p>	<p>22</p> <p>9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 10:30 Senior Tap 11:30 Baked Ham 12:00 Movie: Tarzan 12:30 Stitch & Bitch 12:30 Bone Builders 1:00 Pool Players</p>	<p>23</p> <p>9:00 Computer Class Breakfast & Tree Trip 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Pasta & Meatballs 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players</p>	<p>24</p> <p>Center Closed</p>	<p>25</p> <p>Center Closed</p>
<p>28</p> <p>10:00 Bone Builders 11:30 Senator L'Italien 11:30 Sliced Pork 1:00 Bingo 1:00 Pool Players 3:30 Pizza & Movie: Finding Dory 4 to 6 Center Open Late</p>	<p>29</p> <p>9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 10:30 Senior Tap 11:30 Shephard's Pie 12:00 Movie: The Meddler 12:30 Stitch & Bitch 12:30 Bone Builders 1:00 Pool Players</p>	<p>30</p> <p>Friend's Meeting 9:00 Computer Class 9:30 SHINE 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Chicken Cordon Blue 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players 1:15 Bright Nights Trip</p>	<p>1</p> <p>9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Lunch 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy</p>	<p>2</p> <p>9:00 Walmart & Blue Angus 10:00 Bone Builders 11:30 Lunch 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players</p>



On Going Events & Activities

Social & Educational

Beginner's Computer- Wednesdays from 9:00 to 11:00 AM. 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 & Thursdays at 10:00 AM. Supplies provided, No charge!

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. \$40/ 8 weeks. Join studio owner Joan Turner as you paint or draw. Bring your supplies and the piece you are working on. Supported by the Dracut Cultural Council.

Health & Fitness

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

Gentle / Chair Yoga - Call if interested. \$5/ class
Participants can choose to switch between a mat or a chair throughout the class or use the chair only.

Zumba Gold - Call if interested. \$4/ class
A party-like dance workout, specifically designed for seniors and beginners.

Energetics - Tues. & Thurs. 9:00 AM \$20/ month
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.

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

Billiards / Pool - Most Days at 1:00 PM (see calendar)

Featured Events

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

Veterans Breakfast with the Singing Trooper Tuesday, November 1st at 9:00 AM

A special appreciation breakfast in honor of Veterans Day! Menu will include red, white and blue pancakes (pancakes topped with blueberries, strawberries, and whipped cream). Breakfast will be accompanied by a performance by the famous Sgt. Daniel Clark, The Singing Trooper. This free event is open to veterans, their families, and those wishing to help us honor our veterans. Event includes a 50/50 raffle to help raise money for an ID card machine so our VSO can make Veteran ID cards. Co-Sponsored by: All in One Home Healthcare, Lowell Veteran's Council & Friends of the Dracut Elderly.

Fall Art Show

Saturday, November 5th from 12 to 2 PM

Join us for this artist reception and juried art show. View the art on display and available for sale, learn about our art class, and enjoy the refreshments.

Flu Shot Clinic by CVS

Tuesday, November 15th from 10 AM to 12 PM

Come early for the SHINE presentation (see front cover) and get your Flu Shot. Call the Senior Center to RSVP and be sure to bring your insurance card.

November Movies

Tuesdays, Lunch 11:30 AM, Movie 12:00 PM

Nov. 1st - *The Huntsman* Rated: PG 13

The story before Snow White.

Nov. 22nd - *The Legend of Tarzan* Rated: PG13

Tarzan has been out of the jungle for years living with his wife Jane. Now he is invited back to the Congo as a trade emissary unaware of the true plot brewing.

Nov. 29th - *The Meddler* Rated: PG13

Susan Sarandon plays a widow from NYC who follows her daughter to LA in hopes of a new life.

Dec. 6th - *Free State of Jones* Rated: R

Matthew McConaughey plays a Confederate deserter who returns to Mississippi to lead an uprising.

Evening Pizza & Movie

Monday, November 28th at 3:30 PM

***Finding Dory* Rated: PG**

Ellen DeGeneres returns as the voice of Dory, the lovable fish with short term memory loss. Cost \$5

Find Me: The Special DCOA rock hidden in front of the handicapped parking spots has been found. Congratulations Jacqueline Chausse who found it!

Featured Excursions

Pick-ups begin at 9:00 AM unless otherwise noted.
 Bus fare - \$5 round trip for the following trips unless noted.
 Sign-ups for the following trips open Tuesday, November 1st.

Friday, November 4th - Target & T-Bones

It is never too early to start your Holiday shopping. After Target we will have lunch at T-Bones. Then, if you wish, you can head to the Senior Center to participate in the Harvest Ball (see front cover for details). Please remember if you are attending the harvest ball, call to register for both the trip and the ball. Sign-ups for both trip and event opened 10/3.

Monday, November 7th - Annual Fall Town Meeting

If you would like transportation to/from the 7:30 PM Annual Fall Town Meeting located at Dracut High School please contact the COA by 12:00 PM on 11/4. No charge.

Tuesday, November 8th - Election Day or Before

Transportation to the polls on election day, or to town hall for early voting from 10/24 to 11/4. No charge.

Friday, November 18th - Walmart and Primo's

The restaurant has been changed from what was in October's newsletter. We will be going to Primo's after Walmart and have moved the free breakfast to the 23rd, Before the trip to see the Methuen Festival of Trees.



Wednesday, November 23th - Breakfast & Tree Festival

Breakfast at Laudi's & Festival of Trees. Enjoy a free breakfast at one of our favorite morning stops, Laudi's, thanks to a donation from our friends at Downtown Page. Then, it is over the line to Methuen for the Festival of Trees. Featuring over 240 trees, wreaths and other displays. Admission to the Festival is \$10. Optional raffle tickets are \$5 for a pack of 26. Pictured above, the crew enjoying the last free breakfast at Laudi's. Picture by Lenny Proposki.
 Pick-ups begin at 10:00 AM.

Friday, December 2nd - Walmart & Blue Angus

Upcoming Trips

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

- Friday, Dec. 9th** Dollar Tree, Ocean State & Ihop
- Friday, Dec. 16th** Holiday Party & Local Light Trip
- Friday, Dec. 23rd** Chelmsford Mall & Glenview
- Friday, Dec. 30th** Discount Madness & Noon Year's Eve

Dracut COA Buses

Phyllis Notini, Transportation Coordinator
 pnotini@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

Russ Lahasia & Louanne Brady

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 -

TBD

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.

Points South

Serving Appointments 11 AM to 1 PM

Mass General, Dana Farber, Brigham & Woman's, Lahey Clinic, and the VA in Jamaica Plain and Bedford.

Bus Fare Greater Boston	\$20 round trip
Burlington Area	\$15 round trip

Points North

Serving Appointments 10 AM to 1 PM

Southern New Hampshire Medical Center, Saint Joseph's, Parkland Outpatient Center (Pelham).

Bus Fare Greater Nashua \$10 round trip

