

**CHARLTON COUNCIL ON AGING**  
**SENIOR CENTER**  
**37 MAIN STREET**  
**CHARLTON, MA 01507**

***MISSION:** To provide social, supportive and referral services for all seniors in an effort to maintain and improve quality of life, so that they may stay in their homes as long as possible.*



**NOVEMBER 2016**

## Charlton Seniors on the Common



**Phone: 508-248-2231**

**Fax: 508-248-2379**

**WEBSITE:**  
**[townofcharlton.net](http://townofcharlton.net)**

### COA Board Members:

- Irene Langevin, Chairman
- James Howard, Vice Chairman
- Madeleine Manfield, Secretary
- Paul Kolesnikovas
- Barbara Larson
- Joan Malinowski
- Gail Stokes

### Senior Center Staff:

- Elaine Materas, Director
- Debra Ciesluk, Outreach Coordinator
- Cathleen Kuehl, Kitchen Manager
- William Fontaine, Kitchen Assistant



*Elaine Materas*

Welcome to November! We said farewell to Bill Fontaine one of our cooks who's been serving at the center for 14 years. Everyone here wishes Bill the best!

In an effort to help our kitchen staff, please call (at least) a day ahead or sign up when you're here. Please don't walk-in—it's difficult on the staff to make sure everyone gets a great meal. Thank you for understanding.

A HUGE THANK YOU to the **Friendly Friends of Charlton Seniors** who purchased a new commercial refrigerator for the center! The Friendly Friends is a 501c3 non-profit organization that is run by a group of volunteers who raise funds to help the senior center. Also, to the **Silver Needles** who donate proceeds from their knitted items to the Friendly Friends. We appreciate all that you do for us!

### E-ZPass Transponder Event @ the Charlton Senior Center



37 Main St., Charlton  
Thursday, November 3, 2016  
from 10am - 2pm.

For those wishing to obtain an E-ZPass transponder, applicants must bring vehicle registration, \$20 credit/debit card or check only (no cash please) to open an E-ZPass account, and photo identification.

The transponders are issued free and the \$20 account will be used to pay charges for Massachusetts Turnpike.

While the event is targeted to assisting senior citizens with transitioning to the new tolling system, the event is open to the public for anyone wishing to purchase a transponder.

### This Months Sepsials:

**Nov 1: Blood Pressure Clinic / Ask a Nurse 10:30**

**Nov 3: EZ Pass sign up 10-2**

**Nov 9: Honor our Veterans w/David Polansky 11:00**

**Nov 10: Senior Center Closed (in observance of Veteran's Day)**

**Nov 17: Birthday Party w/Rusty Guertin 11:00**



## Silver Needles Knitting Group

### Thursdays 1:00 pm @ Charlton Library

The Silver Needles knitting group meets Thursday afternoons from 1-3 at the Charlton Library. These get-togethers are two hours of socialization and friendly chatter. We always leave with the satisfaction of a job well done.

We welcome new members. If you are not a knitter, but would like to learn, please consider joining our group. We can teach you. If you prefer to knit at home, we will miss your presence.

## Free Blood Pressure Clinic - Ask A Nurse



Tuesday, Nov 1  
from 10:30-11:30



No need to sign up! 10:30-11:30 AM

Walk with us on Monday at 10:00



Play Cribbage Monday at 1:00



Play Games or  
Shoot Pool Wed at 1:00

## SEW WHAT SEWING GROUP



Novice or skilled sewers are welcome.

Every Tuesday from 9:30-11:30

Need help with Windows 10?

Or computers in general?

call the center to make an  
appointment w/Madeleine

508-248-2231

## CHIP-IN FOOD PANTRY

Chip-In serves over 200 families in the town of Charlton. To give a donation send to P.O. Box 611, Charlton, MA 01507. To sign up to receive assistance, call Chip-In at 508-248-3292

Or pick up application at the Senior Center

**CHIP-IN HOURS - 3rd Sat each month 9-12**

Location: 37 Main St. Charlton

(behind town hall)



*Please note that the printing and postage for our newsletter as well as the chair yoga, floor yoga and memoir writing are funded by a grant from the Executive Office of Elder Affairs, local business sponsors, and your contributions.*

*Thank you for your support!*

# Honoring Our Veterans

**Say Thank You to our Veterans!**

Join us on Wed, November 9

Enjoy live entertainment by David Polansky at 11:00 followed by a Pork Roast dinner

Limited seating - must sign up by Nov 3

*Veterans have preference!*



## ELDER BUS - NEED A RIDE?



- 60+ or disabled
- Medical, nutrition sites, shopping, hairdresser, bank, post office, work, Senior Center, etc.
- Call: 1-800-321-0243 for more info



Debra Ciesluk

Questions for the Outreach Coordinator? Join **Debra** at the Housing on Meadowview Drive

**Tuesday, November 18 @ 10:00**

Coffee and goodies will be available for you to enjoy...

*Bring a friend!*



# November Birthday



Clarence Bachand \* Anne Berthiaume \* William Boucher \* Maureen Boulette \* Dwight Brigham \* Claire Cavanaugh  
 Emile Daoust \* Margaret Durling \* Jesse Ely \* Verna Fish \* Cheri Furtado \* Eleonore Guertin \* Pricilla Harthan  
 Warren Harthan \* Raymond Jankowski \* Theresa Kavorkian \* Chuck Koncewicz \* Cathleen Kuehl \* Gerry LaRiviere  
 Dot Lehner \* Jeannine Letourneau \* Frank Malinowski \* Ruth Mayville \* June Monopoli \* Walter Payant \* Anna Pecore  
 Barbara Phelan \* Tom Phelan \* Oscar Robert \* Edward Rossmeisl \* Albert Salonis \* David Schiller \* Karen Smith  
 Ziola Vincent \* Fred Wendt

**Come, Relax, and Color With Us!**

**Thursday afternoons from 1:00 - 2:30 pm**

**Free supplies or bring your own!**



## Birthday Party

Sing "Happy Birthday" to our  
 November folks  
 with Singer / Guitarist Rusty Guertin at 11:00



**Fallon Membership Mtg. Nov 2 @ 2:00 pm**

**Fallon Sales Mtg. Nov 30 @ 2:00 pm**

**With Karrie & Nelly**

## TRIPS WITH CHARLTON SENIOR CENTER

*Please call Elaine for more info at 508-248-2231 ~ Sign up sheets & flyers available at the Senior Center*



*Mail all payments to Charlton Senior Center, 37 Main St. Charlton, MA 01507*

*Pick up is generally from St. Joseph's Church, 10 H Putnam Rd. Ext., Charlton*

## CHRISTMAS AROUND THE WORLD w/DAN GABEL & THE ABLETONES @ CHEZ JOSEF

**December 8, 2016** - \$75 includes transportation, Big Band show, lunch, taxes & gratuities.  
 (Check payable to: **Landmark Tours**)

## TRIPS coming in 2017

**April - Newport playhouse "The Foursome"**



**June - Boston Duck Tour. Lunch at Phillips Old Colony House.**

**August ??? TBA - 2 day in Maine. "Great Balloon Festival"**



**September - The "Naugy" Train ride with Fascia's Chocolate.  
 Lunch at San Marino's Restaurant**



**Stay tuned - more info to come!**



**CHARLTON REAS  
FOUNDATION, INC.**

P.O. BOX 793

CHARLTON, MA 01507

[www.reascharlton.org](http://www.reascharlton.org)

The **REAS Foundation** supplies qualifying senior citizens in Charlton with energy assistance throughout the year.

If you need energy assistance, or know someone who does call **508-868-5289** or go to our website at: [www.reascharlton.org](http://www.reascharlton.org) to download the application.

**You must be a Charlton resident, 60+ years of age & meet the income requirements to qualify. Heating season begins October 1st.**

If you'd like to donate, please make check payable to:  
Charlton REAS Foundation, Inc. - send to P.O. Box 793, Charlton, MA 01507



Charlton REAS Foundation, Inc.  
P.O. Box 793  
Charlton, MA 01507

508-868-5289

[www.reascharlton.org](http://www.reascharlton.org)

**\$10**

*All proceeds benefit the senior citizen population in Charlton.*

## Lottery Calendar - January 2017

Each card holder is eligible to win everyday in the month of January!  
Daily prizes are noted in each box. ~ Only \$10 per card!  
Drawings will be held daily (*weekends & holidays will be held on the next business day*). Winners will be notified by phone & names will be posted at the Charlton Senior Center & on the REAS website at: [www.reascharlton.org](http://www.reascharlton.org)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Happy New Year! \$100</i>	2 \$25	3 \$25	4 \$25	5 \$25	6 \$50	7 \$50
8 \$50	9 \$50	10 \$50	11 \$50	12 \$50	13 \$50	14 \$50
15 \$50	16 <i>Martin Luther King Jr. \$100</i>	17 \$50	18 \$50	19 \$50	20 \$50	21 \$50
22 \$50	23 \$50	24 \$50	25 \$50	26 \$50	27 \$50	28 <i>Taste of the Towns \$500</i>
29 \$50	30 \$50	31 \$50	<p><u>Fill out form</u> - cut out and make check payable to: Charlton REAS Foundation</p> <p><u>Then mail to:</u> REAS Foundation • P.O. Box 793 • Charlton, MA 01507</p> <p><u>Or drop off:</u> at Charlton Senior Center</p>			

NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

# ''Taste of the Towns''



Sponsored by the Charlton REAS Foundation, Inc.  
*Residential Energy Assistance for Seniors*

a 501c3 non-profit, local organization helping seniors with their energy needs

**Saturday, January 28, 2017 from 6:00 - 9:00 pm**

Tickets for Taste of the Towns are available at the Charlton Senior Center,  
or see Sabrina at Southbridge Savings Bank.

Contact # 508-248-2231 or 508-868-5289 or [info@reascharlton.org](mailto:info@reascharlton.org)

Just \$15 per ticket allows you to sample the wares of local food and beverage vendors participating in this annual community event.

This event is a great way to have a fun, inexpensive night out  
and to help your neighbors at the same time.

*Raffles, Silent Auctions, Food, Cash Bar, Friends, Fun!*

*Our website: [www.reascharlton.org](http://www.reascharlton.org)*



November 24 Senior Center Closed

*The year has turned its circle,*

*The seasons come and go.*

*The harvest is all gathered in*

*And chilly north winds blow.*

*Orchards have shared their treasures,*

*The fields, their yellow grain.*

*So open wide the doorway-*

*Thanksgiving comes again!*

## **Medicare Open Enrollment Deadline Is Here SHINE Can Help Seniors Make Sense Of It All**

**Don't Ignore Your Medicare Mail!** It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan. It is important to **read** this information because it explains the changes in your plan for 2017.

During the annual Medicare Open Enrollment, **October 15 - December 7**, you will have a chance to **CHANGE** your plan for next year.

We can help make sense of the information. Trained [SHINE \(Serving the Health Insurance Needs of Everyone\)](#) Counselors can help you understand your plan changes as well as what other options are available to you. Be sure you have the coverage that best meets your needs! SHINE counselors are in every community and there are still appointments available. Sign up fast!

Call your local senior center to get a SHINE appointment during Open Enrollment or call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. More info: [www.800ageinfo.com](http://www.800ageinfo.com)

**FLOOR YOGA w/Linda Davis**

**Tuesday & Thursday 8:00 - 9:00 am**

**\$2 per person**

This class will include gentle warm ups, yoga postures, occasional breathing exercises (pranayama), and relaxation. Please bring a yoga mat, wear non-binding clothing, and do not eat heavily 1.5 hours before the class.

**Chair Yoga w/ Instructor Joanne LaLiberte**

**Mondays at 9:00 am ~ \$2 per person**

- ◆ Train your leaky bladder
- ◆ Reverse curvature of the spine / Increase your range of motion
- ◆ Deepen your breath / Expand your lungs
- ◆ Create strong feet / Stabilize your walk
- ◆ Activate your brain / Improve your balance

**AT GRANDMA'S HOUSE**

*I like the taste of turkey  
 Any time throughout the year  
 But it never seems to taste as good  
 As when Thanksgiving's here.  
 Could be it's all the trimmings  
 That are cooked with it to eat-  
 But I think it's eating at  
 Grandma's house  
 That makes it such a treat!*

Keep moving with Chair Exercises on  
Tuesday & Thursday mornings at 9:30



*No cost to keep fit!!*



**Line Dancing with JP Ellery**

**Tuesdays at 1:15 (\$3)**



The **Friendly Friends of Charlton Seniors** is a non-profit 501(c)3 organization that incorporated in 2006 to help raise funds for a future new senior center as well as to help with any current needs.

Your gift is tax deductible!

Please mail to: Friendly Friends of Charlton Seniors, Inc.

P.O. Box 596, Charlton, MA 01507

\_\_\_\_\_ Yes, I want to be a Friendly Friend; I am enclosing the appropriate membership dues.

NAME: \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

\_\_\_\_\_ No, I do not want to become a member, but I am enclosing my donation to assist in your fund raising efforts.

\_\_\_\_\_ I have already given a contribution, but I'd like to give again!

Yearly dues are as follows (pay by June 30):

Individual: \$10 \* Family/Couple: \$20

Business: \$30



*Sorry, No  
BINGO  
in Nov*

*With Janet*

*Just for the fun of it!*

**December 7 @ 1:00 am**

**Foot Care Clinic**



**Next Date: Wed, December 7, 2016 - by appt.**

**Please call / sign up at the Senior Center 508-248-2231**

**Fee starting at \$25 - Includes: \* Assessments \* Trimming Toenails \* Sanding Corns/Calluses \* Gentle Massage & Plans for problem areas**

Non-Insulin dependent diabetics care starting at \$40

Home appointments available for \$45.

Call Diane: **508-353-4972**

**\* NO INSULIN DEPENDENT DIABETICS \***