



Millville Council on Aging and Senior Center
40 Prospect Street - (508) 883-3523

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NOVEMBER 2015

*Senior
News
from
Cole's
Field*



PRESENTING THE TOP PITCH PLAYERS

In one state they call it "High, Low, Jack" while in another they call it "Pitch" either way seniors at the Millville Senior Center are enjoying the weekly card games. Friendly fun can sometimes mean competition, but playing "Pitch" at the Center has developed into a great deal of enthusiasm and the excitement in taking a trick or two is difficult to contain. Doris Souza, Leo Therien and Claire Duffy won recognition last week for their strategic plays and were named top players in the latest Pitch Tournament held at the Senior Center. While the top Pitch players won cash prizes, all participants in the twelve week series shared a luncheon at the Center and are looking forward to another series of "Pitch" games, which are held every Thursday at 12:00 to 2:30 P.M. Weekly lunch is available and served at 11:45 A.M. under the direction of Lois Laflamme, assisted by Mitch DuMond. Marge (Wojcik) Keegan organizes the weekly games and noted player participation has increased over the last few months. The card games are open to all seniors and Marge invites anyone interested to stop in at the Center and sign up because there is "always room for additional card players," she said.





LOOKING AHEAD – SENIOR VAN VENTURES!

The Council on Aging and Outreach Coordinator, Jill Anderson, are excited to announce Millville now has three certified van drivers eager and ready to take our seniors and disabled to their medical appointments, shopping trips and other destinations. The Van will also be available for transport to functions at our Millville Senior Center.

It's been a long time in coming primarily due to the multiple state mandates and certification process related to van driver eligibility and necessary courses for the security and safety of passengers. We are looking ahead to varied excursions; day trips, geared to the interest of seniors and disabled. In order to plan these adventures, we are seeking the input of potential participants and a survey sheet is currently being circulated at the Center seeking suggestions. Our drivers are properly trained and eager and the MILLVILLE VAN is ready to roll. So let's plan to fill this "long awaited for" vehicle with riders. Stop in at the Center and offer your suggestions. WE ARE READY!!!! ARE YOU????

November

Monday	Tuesday	Wednesday	Thursday
2 Craft Class (knit/crochet/etc.) 9 - 11 A.M.	3 Blood Pressure Ck 9 - 9:30 A.M. Line Dancing 9:30 - 10:30 A.M. Exercise 1 - 2 P.M.	4	5 Weekly Lunch 11:45 A.M. Senior Pitch 12 - 2:30 P.M.
9 Craft Class (knit/crochet/etc.) 9 - 11 A.M. Senior Club Meeting/ Lunch Blood Pressure Ck.	10 Blood Pressure Ck 9 - 9:30 A.M. Line Dancing 9:30 - 10:30 A.M. Exercise 1 - 2 P.M.	11 	12 Weekly Lunch 11:45 A.M. Senior Pitch 12 - 2:30 P.M. Bingo 6 P.M.
16 Craft Class (knit/crochet/etc.) 9 - 11 A.M. Painting Class 12:30 P.M.	17 9 - 9:30 A.M. Blood Pressure Ck Line Dancing 9:30 - 10:30 A.M. Exercise 1 - 2 P.M.	18 Council on Aging Meeting 6:30 P.M.	19 Weekly Lunch 11:45 A.M. Senior Pitch 12 - 2:30 P.M. Shine Appt.
23 Craft Class (knit/crochet/etc.) 9 - 11 A.M. Painting Class 12:30 P.M.	24 9 - 9:30 A.M. Blood Pressure Ck Line Dancing 9:30 - 10:30 A.M. Exercise 1 - 2 P.M.	25	26 Senior Center Closed  Happy Thanksgiving
30 Craft Class (knit/crochet/etc.) 9 - 11 A.M.			

CELEBRATING NOVEMBER BIRTHDAYS

1st	Muriel Clemons	11th	Charlene Carlson	25th	Brooks Herrick
3rd	Robert Ray	12th	Lucille Bush	28th	Margaret Burroughs
4th	Paul Moore	13th	Jeanette Gould		Alice Mercure
	Robert Bailey	14th	Francis Daignault	29th	Sandra Caswell
5th	Rachel Jennette	15th	Yvonne Llamas		Eugene Crowley
	Gary Stewart	16th	George Johnson		
6th	Peter D'Angelo		Richard Heldenbergh		
	Kevin Curley	18th	Donna Grenier		
7th	Kenneth Gould		Armand Peloquin		
	Chester Sheehan	19th	Irene Leduc		
	Michael Suffoletto	20th	Lucien Archambault		
8th	Kenneth Therrien	21st	Richard Hurteau		
9th	Lorraine Brown	22nd	Richard Watson		
	Patrick Nassaney		Lois Trottier		
10th	Elaine Conlon	24th	Leo Therien		



Please Note: If your birthday has been omitted from the Birthday List, we apologize. We can only list those we have knowledge of.



GOT A FEVER FOR FUN?

We have a suggestion. Come to the monthly Thursday night Bingo Sessions at the Senior Center. Doors open at 6 p.m. and games start at 6:30 p.m. Admission is only \$1.00 and bingo cards are \$1.00 per card. Some of the attendees play nine cards at a time while more conservative players use only one card. But no matter how many cards are in play, the chance to win is available to all who attend. Winners at last month's Bingo were: Shirley Kempton, Mark Laplume, Ellen Bowen, Paul Moore, Jennie Borek, Holly Whalen and Jeannette Laplume. Lucky ticket holders were awarded "surprise bags" and scratch tickets. Richard Hurteau is in charge of the Bingo Games assisted by Judy Monroe. Refreshments are available and the games end at 8:15 p.m. Van transportation to the Bingo is available by calling the Center two days prior to the function at (508) 883-3523.

MONTHLY SENIOR CLUB MEETING REPORT

Members of the Senior Club, celebrated an early Halloween holiday at their meeting last month. Over 40 members and guests attended, some in unique costume attire. (Check the bulletin board at the Center to view pictures of these characters"). Top prizes were awarded to Leo & Jeannine Therien, Mary Jean Ethier & Marge Keegan. All attendees received trick or treat bags prepared by Diane and Donald Lamoureux. Entertainment was provided by J. Ferguson aka Big J. Slick, who serenaded the gathering as they enjoyed a chicken/roast beef dinner. Rep. Kevin Kuros visited the Center and distributed additional "treats" aided by his assistant Amanda Copeland, whose birthday was acknowledged by the seniors who joined in a "Happy Birthday" tune. Winners of the 50/50 raffle were: Mary Ryan, Ronnie Benoit, Donald Lamoureux & Dorothy Clifford. President Richard Hurteau announced a Turkey Dinner with "all the fixins" will be served at next month's meeting and, as always, entertainment will be featured. The nominating committee will present a slate of officers for the coming year. Plans will be discussed for the annual Christmas Party to be held at the Center again this year. Members are being asked to promote the sale of tickets for the handmade afghan to be awarded at the November meeting. This is the sole fundraiser sponsored by the club this year and member participation is encouraged!



THE HOLIDAY RUSH IS UPON US!

Time to store the Halloween decor and pack in the colorful leaf garland and turn to turkey talk and sparkling Christmas decorations! The month of November is a busy time as we plan our Thanksgiving feast and our approach to the "Black Friday" shopping ritual, hoping to delight just one more recipient on our Christmas giving list.

Soon it will be time to unpack the tree decorations, (those special ornaments handed down through family generations) and plan another holiday feast while remaining focused on the real meaning of it all. A challenge for certain but one important to recognize and share with family and friends.

Every November, it seems, the reality of the "holiday rush" takes over, overshadowing the beauty and simplicity of the season. Being thankful is a lesson learned early on in life but taking time to be grateful seems more challenging as years go by with commercialism taken the spotlight. To allow the "holiday rush" to rob us of the simplistic beauty of the season, is a challenge we are faced with but becoming aware and slowing down can win benefits and result in happier and more pleasant memories.

ENJOY THIS HOLIDAY SEASON AND AVOID THE "HOLIDAY RUSH!"

SENIORS HAVE TEXTING CODES TOO!

ATD: At the Doctors
BFF: Best Friend Fell
BTW: Bring the Wheelchair
BYOT: Bring your own Teeth
FWIW: Forget where I Was
GHA: Got Heartburn Again
IMHO: Is my Hearing Aid On
LMDO: Laughing my Dentures Out
OMSG: Oh My! Sorry, Gas
TTYL: Talk to You Louder



Life is too short
to be anything but
HAPPY



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!





Library News Submitted by Evelyn McNamara



A sincere “thank you” to the Friends of the Library, and to those who donated, purchased, or helped in any way to make our book/bake sale and toll day the success that it was.

Do you find that you prefer a favorite type book in your reading? Alex Weiss’ article in

Bustle.com claims that the book genre you love most says a lot about your personality and reveals your truest self. The following are quotes from her article. Do you agree?

“Historical Fiction: You love fiction – but you also love fact. You like knowing what’s going to happen, and aren’t a big fan of surprises. You have a very detailed planner on you at all times, but every so often aren’t afraid to indulge in a few spontaneous activities. You have a sharp eye for detail and are sometimes (more like all the time) called a perfectionist in your work. You’re a people-watcher, and enjoy listening to your friends and family tell you stories of their past.”

“Mystery/Thrillers: After reading *Gone Girl*, you couldn’t stop thinking about it for weeks. You’re exceptionally talented at picking up on foreshadowing and clues, so your friends tend to stay away from you when *Game of Thrones* is on to avoid spoilers. You look at life as a mystery itself, and are always searching for the bigger meaning in things. You’re a little quieter than the rest, but that’s only because you genuinely enjoy being a mystery yourself.”

“Romance: For you, no book is a great book without a powerful love story included. Your tastes range from *Gone with the Wind* to *Fifty Shades of Gray*, and everything in between. You’re a passionate person at heart, and always go the extra mile to satisfy someone you love. You always manage to keep a positive outlook on life, even if you’ve hit rock bottom. You have high expectations when you go on dates, but you’re also pretty talented at wooing just about any one that glances in your direction.”

“Literary Fiction: You prefer reading about common life problems and troubles that are relatable to just about everyone. You love to learn about people, and the ones you don’t, you find yourself making up their life stories as you pass by them on the streets or on your morning commute. You’re a deep thinker, and when it comes to problem solving, you’re probably a pro. You like to look at your life as if it were a movie and are always wondering when the next complicated situation will unfold.”

“Science Fiction: You love reading about intergalactic adventures and futuristic events that could one day happen. When you were a kid, you didn’t always fit in because you were thinking about new worlds and characters bigger than the boring middle school you were stuck in. You often have really great ideas but are sometimes afraid to speak up. With your smart wits, you and everyone around you know you’d be the one to live through any apocalyptic event.”



JILL’S JOTTINGS

Another presentation is planned as a follow-up to the Aging Mastery series. On November 17th at 2:30 pm, Brenda Fitzgerald, PT and Director of Uxbridge Orthopedic and Sports Therapy, will discuss **“The Ins and Outs of Arthritis: How to exercise, eat and manage your activities with arthritis”**. Learn the tricks to protect your arthritic joints, and what foods can help reduce your flare ups, and also how to start an exercise program that helps not hurts.

Please sign up at the Center if you plan to attend. All are welcome and since light refreshments will be served we need an idea how many folks are coming. The talk will last about an hour, then refreshments.

Open Enrollment is now in full swing and unfortunately all the SHINE appointments for November are filled. You can call the SHINE office at the Milford Senior Center at 508-473-8334 and they will advise you over the phone and give you an appointment in Milford if you need one. At the November 9 Senior Citizen Club luncheon, Lee and Judy Katz, our SHINE counselors, will speak about this year’s health insurance changes for seniors. They will speak at 11:15 (before lunch), so come early if you want to see them, even if you don’t plan to stay for lunch. You don’t have to be a club member to hear the Katzes speak.

You may have noticed that the Center is looking much neater outside and we have a special volunteer to thank for that. Lori Remillard, an occasional volunteer who does everything from arranging our library area to washing walls, attacked our thriving weed patch and the results look great. Thank you so much, Lori! We are so lucky to have many energetic and dedicated volunteers. The Center couldn’t run without you all.

Don’t forget to sign up for the **Colonial Feast at the elementary school**. It is November 5th at 6 pm. People always rave about this inspirational and free event.

We are expecting a baby...a baby grand piano! A local resident is donating a player baby grand and we need to make room for it, so if you would like to adopt one of the two organs now in the dining room, please let me know. You will have to move it of course. Stay healthy and be positive!

Jill Anderson



NOVEMBER LUNCH MENU



Nov. 5th Pasta Fagioli, Spinach, Corn, Chocolate Brownie & Plain Cake
 Nov. 12th Beef & Broccoli, Seasoned Rice, Carrots & Fruit Streusel Cake
 Nov. 19th Chicken with Asparagus, Rice, Peas & Carrots & Birthday Cake

NOTE: Meals include milk, coffee and bread. There is a \$3.00 donation requested and reservations should be made 48 hours in advance.

TRI-VALLEY RECEIVES FEDERAL FINANCIAL SUPPORT UNDER THE OLDER AMERICANS ACT FURNISHED BY CENTRAL MASSACHUSETTS AGENCY ON AGING AND THE MASSACHUSETTS OFFICE OF ELDER AFFAIRS.

Council on Aging

Chairman: Patty Leja
 Vice Chairman: Ellen Bowen
 Secretary: Judy Monroe
 Treasurer: Claudette Barrett
 Members: Lois Laflamme
 Sue Robbins
 Richard Hurteau
 Alternate: Bob Laflamme
 Outreach Coordinator:
 Jill Anderson
 Maintenance: Bob Laflamme
 Newsletter: Ellen Bowen
 Carol Perron
 Ads: Sue Robbins
 SHINE: Lee and Judy Katz

WEEKLY BREAKFAST PROGRAM

Tri-Valley Elder Services delivers breakfast items to our center each Thursday morning. All items arrive frozen and can be heated either in your oven or microwave. There are two options: a bowl of oatmeal (in various flavors) plus juice and a muffin, or a "breakfast toast" with bacon or sausage and cheese on top, plus juice. There is now a charge for the oatmeal breakfast of \$.25 (for all three items). The toasts are \$.50, including juice. Items are paid for a week ahead, when ordered. You may order up to four each of the oatmeal and toast breakfasts. A nutritional breakdown of all items is available.

Senior Club

President: Richard Hurteau
 Vice President: Ellen Bowen
 Secretary: Diane Lamoureux
 Treasurer: Marge Keegan



NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH

Time to give a "pat on the back" and recognize those people who are filling this important role.

VETERANS DAY TRIVIA



- *Veterans Day began as Armistice Day and in 1954, President Dwight D. Eisenhower signed legislation changing the name to Veterans Day in order to honor veterans of all American wars.
- *Regardless of the day of the week, Veterans Day is always observed on November 11th.
- *In 1918, Irving Berlin wrote "God Bless America," But the song was rejected by the music industry until Kate Smith sang it on Veteran's Day in 1938 at the New York World's Fair.

*On Veteran's Day groups such as the American Legion and Veterans of Foreign Wars, raise funds for their charitable activities by selling paper poppies made by disabled veterans. The bright red wildflower became a symbol of World War I after a bloody battle in a field of poppies called Flanders Field in Belgium.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." **(John Fitzgerald Kennedy)**

IN MEMORIAM

Anna Curis and Marietta Wickstrom, members of the Millville Senior Club since its inception in the Community Club Hall in Chestnut Hill - passed from this life last month. Anna and Marietta were two beautiful ladies who loved their community and will long be remembered for their generosity and dedication to this little town of Millville.





CALLING ALL CANNINES

Beginning November 2nd through December 21st, 2015, mail in a photo of your pooch(es) and your dog may become:

THE TOP DOG IN MILLVILLE!

The winning dog will receive the #1 dog tag (at no charge) along with a doggie prize. Please make sure your name and the name of your dog(s) are written on the back of the photo. Judging will take place on Wednesday, December 30th and the winner will be notified within ten days.

"A WORD"

Sometimes a word is all it takes to make the world a better place; so do something nice, say something kind. Just one small act will life all mankind.

Bea Lotz



PLANNING A HOLIDAY PARTY??

Millville Senior Center is available to hold your special event this year, but you need to check availability. Please call 508-883-3523 on Mondays,

Tuesdays or Thursdays for complete information. Rental fee is \$100. A \$25 janitorial fee is payable with completed application. To obtain an application, log onto our webpage at:

www.millvillema.org/pages/departments/senior-center.php



"RAFFLEMANIA"

St. Augustine's Parish will hold its 19th Annual Rafflemania in their Parish Hall on Friday, November 6th at 6:30 P.M.

Doors open at 4:30 P.M. Why not join

them for an evening of fun, food and a chance to win fabulous prizes!!!



IMPORTANT MEDICARE INFORMATION

During Medicare Open Enrollment, from October 5th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE Counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Our shine counselors at the

Millville Senior Center are Lee and Judy Katz. They are at the Center the third Thursday of the month BUT you must contact the Center for an appointment. Call Jill Anderson at 1-508-883-3523.



AFGHAN RAFFLE

Drawing for this attractive handmade afghan, will be held at the November Senior Club Luncheon/Meeting so there is still time to get in on this club fund raiser. The tickets are on sale at \$1.00 per ticket or 6 for \$5.00 and are available at the Senior Center. The handmade afghan was created by Juliette (Benoit) Gauthier and donated to the club in an effort to raise funds for future club activities. Tickets will also be available at the November meeting. Please help by purchasing at ticket or two and you just may be the lucky winner!!!!

KEEPING YOU "IN THE KNOW"

Notary Public and Justice of the Peace services are offered at the Town Hall. Please call the Town Clerk's Office @ 508-883-5849 for availability.

Town Hall hours are:

Monday – Thursday - 9 a.m. to 1 p.m.

Wednesday evenings - 6 p.m. to 8 p.m.

The Town Hall will be closed in 2015 on the following days:

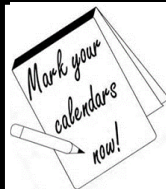
Monday, October 12th

Wednesday, November 11th

Thursday, November 26th

Thursday, December 24th

Thursday, December 31st



The Millville Special Town Meeting will be held on Monday, November 9th, 2015 at 6:30 P.M. at the Millville Elementary School, 122 Berthelette Way, Millville.



SENIOR CITIZEN'S CLUB AND COUNCIL ON AGING (What's the difference?)

SENIOR CITIZENS CLUB

The Senior Citizens Club, organized in September, 1972, provides social benefits for senior citizens. Applicants for membership must be 60 years of age and be a citizen of the town of Millville or surrounding areas.

Regular meetings are held at the Senior Center, 40 Prospect Street, on the first Monday of each month, except when the first Monday is a holiday. In that case, the meeting will be held on the following Monday. Dues are \$10 and a full year's dues should be paid when membership commences.

The Club officers plan monthly luncheons and engage entertainment following monthly meetings sessions. Fund raising and other activities are the task of an appointed sub-committee. Senior Club officers are elected yearly in November and customarily serve for one year.

COUNCIL ON AGING

The Council on Aging (COA) is a town department appointed by the Board of Selectmen. Regular membership consists of seven members to serve for three year terms and three alternates. Members must be residents of the Town of Millville but are not required to be senior citizens. The Council members together with the Senior Center Outreach person, conducts programs; transportation, meals, health insurance information, benefits counseling, fitness, recreation and computer access, among others. A senior need not be a member of the Senior Citizen's Club to register for these programs. The Council and outreach person acts as a unified body for advocacy and service to the town's elderly. The COA determines its own priorities based on unique local circumstances, resources and interests. The Council and outreach person cooperates with the Executive Office of Elder Affairs in Boston and is cognizant of all legislation concerning funding, information exchange and program planning relating to the welfare of the aging. The COA submits a financial budget yearly which is submitted for approval at the annual town meeting. A yearly report is published in the Town Report Book. For the rapidly growing elder population, the COA and Senior Center provides a safe place for elders to remain independent, productive and in the community for as long as possible. The COA meets monthly on the second Wednesday of the month at 6:30 p.m. at the Senior Center. All meetings are open to the public.

LAUGHTER IS GOOD MEDICINE

(Paul Gauthier)

A senior Floridian took off at 80 mph in his brand new Corvette convertible. This is "amazing," he thought as he flew down I-95 pushing the pedal even more. Checking his rear view mirror, he saw a Florida State Trooper, blue lights flashing and siren blaring, so he floored it to 100 mph, then 120! Suddenly he decided to pull over to await the trooper. Approaching the vehicle the trooper asked: "Why in the world were you driving at such a rate of speed?" The senior quickly responded: **"Three years ago, my wife ran off with a Florida State Trooper and I was afraid you were bringing her back!"**



MILLVILLE ELEMENTARY SCHOOL ANNUAL COLONIAL FEAST



**Thursday, November 5th
6 P.M.**

Millville Elementary School Cafeteria

**Millville Seniors are invited to attend this
Annual Thanksgiving Dinner (at no charge).**

**Please call the Center at 508-883-3523
to make your reservations.**



We Are Thankful

For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.

~ RALPH WALDO EMERSON

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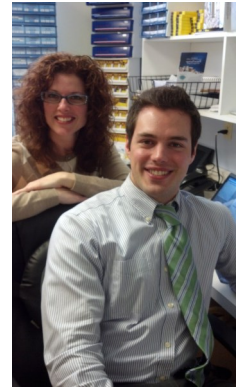


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THIS SPACE IS AVAILABLE

**FOR INFORMATION ON ADVERTISING, CALL SUE ROBBINS,
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 SENIOR CENTER.**



Millville Senior Center hours are: 9 to 3:30 P.M. Monday, Tuesday and Thursday.

Monday

Knitting

Crocheting

Embroidery

Painting (twice a month)

Tuesday

Blood Pressure Clinic

Line Dancing

Aerobics/Yoga

Thursday

Lunch

Pitch

**These programs are supported in part by a grant from the Millville Cultural Council and the
MA Executive Office of Elder Affairs.**

**Partial funding for this Newsletter is supported by Ad Subscriptions and is printed by
Blackstone-Millville High School at a nominal fee.**

**Senior Club Meetings/Lunch & Blood Pressure Clinic - 2nd Monday of every month
Bingo Games - 2nd Thursday of the month at 6 P.M.**

Shine Councilors Lee & Judy Katz - 3rd Thursday of every month (Appointments needed)

Millville Council on Aging and Senior Center
40 Prospect Street
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