

LEONARD E. SIMMONS SENIOR MULTI-SERVICE CENTER

558 PLYMOUTH STREET
MIDDLEBOROUGH, MA 02346

MIDDLEBOROUGH

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Linda Eatherton, Editor
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Vol. 19 • No. 6

LENDING A HAND TO ALL

JUNE 2012

www.middleborough.com

SENIOR CENTER ACTIVITIES

Are You OK? Program
Big Screen Television
Bingo
Bridge
Congregate Meals
Cribbage
Community Outreach
Dance: Line, Square, & Round
Day Trips
Food Stamp Application
Fuel Assistance
Gift Shop
Health Education Workshops
Hearing Screening
Information/Referrals
Intergenerational Programs
Knitting & Crochet
Legal Referrals
Legislative Hours
Lunch Served Daily
Meals on Wheels
Medical Equipment Loans
Monthly Movies
Oil Painting Classes
Pool Tables
Quilting
Seasonal Celebrations
SHINE Medicare Counseling
Social Day Care
Support Groups
 Caregiver's
 Bereavement
 Diabetes
 Visually Impaired
Transportation
Town Nurse Visits
Volunteer Opportunities
Walkers Group
Whist
Wii
Join us at the Center
Mon.-Fri. 8:00AM to 4:30PM



"How did it get so late so soon?
It's night before it's afternoon.
December is here before it's June.
My goodness how the time has flown.
How did it get so late so soon?" - Dr. Seuss

This quote reminds me how important it is to take each day as it comes and to make the best of it. The other day as we drove through Somerville I said, "I lived there over 40 years ago", and it surprised me. How could it be possible that so many years have passed? That must happen to when you realize the number of years since you danced to big bands, or wore a military uniform, or helped your family with daily chores. The years pick up speed.

It also reminds me of the great Dr. Seuss and all the fun there is in his words and rhymes. June is a good time to find a good book (or puzzle, card game or to listen to music) and enjoy the warm breeze and the longer days. It is time to enjoy the roses, peonies and iris. At the COA we have our window hummingbird feeders up and we are enjoying those fascinating visitors just back from far away lands. Check out our new "bird box project" workshop scheduled for June 26th. We are getting the gardens ready after a long winter that left so much damage. Hummingbirds are examples of resiliency and perseverance.

It is also the month to celebrate fathers. It could be to honor your own or your memory of him or other men who have acted as father figures in your life such as stepfathers, uncles, grandfathers or "big brothers". Other times it is time to celebrate your own sons who have become fathers or son-in laws and all they have brought to your family. We honor all fathers at the COA on June 12th and we hope you will join us.

Hope to see you soon, Andrea

CELEBRATE FATHER'S DAY—With Vic Solo as Neil Diamond

Tuesday, June 12th at 1:00

Meatloaf Luncheon at Noon—\$4.00 Donation

Do you remember Vic Solo last June when he performed as Elvis? He's bringing us a new show this year entitled "Solitary Man: A Tribute to Neil Diamond." Vic will sing from the entire catalog of Neil Diamond songs, starting with the mid-60's right up through 2001, including such hits as "Sweet Caroline" and "America." Wait until you see Vic's costume – a silver sequin shirt and tight black pants from the Hot August Night Concert of 1971!



ALMOST 4TH OF JULY PARTY—Steve Caddick & Avalon

Friday, June 29th at 1:00

BBQ Chicken Luncheon at Noon—\$4.00 Donation

It's that time of the year again, and THE BANJOS ARE COMING! Three great musicians will bring you the best songs from the Tin Pan Alley era of the 1900's right up into the 1960's. These are the wonderful songs of the Great American Songbook, the tunes everybody remembers and loves to sing. Join Steve, Paul, & Rene for a party to celebrate our nation's birthday.

Remember to sign up for both events, please call the COA for reservations:
Both Events—June 1-6 Middleboro residents only. June 7th – open to all.



SHINE**Serving Health Information Needs of Elders
How May a SHINE Counselor Help You?**

SHINE Counselors help Medicare beneficiaries understand their rights and benefits under Medicare and other health insurance coverage. Counselors may review present coverage, provide written comparisons of plans, protect Medicare beneficiaries from paying for bills they should not pay, and prevent paying for unnecessary duplicate coverage. Counselors also help with claim forms and applications. They will make referrals when appropriate. Call 1-800-AGE-INFO (1-800-243-4636) and press 3.

TRANSPORTATION OPTIONS FOR YOU

Brochures available at the COA

For elders 60 and over and the disabled

Dial-A-Ride

Curb-to-curb service for all your transportation needs within Middleboro; trips to the COA, shopping, medical appointments, social activities, errands etc.

Reserve by calling by 1:00 the previous day or sooner.

\$1.25 per ride, \$10.00 per pass for 10 rides

For elders and the general public

Middleboro Downtown Shuttle

Fixed permanent route which stops at public housing complexes, supermarkets and pharmacies, Southeast Medical and Compass Medical and includes the downtown area.

“Flag down” service along the route, Monday- Friday, 8-5pm
50 cents per ride for elders

For elders and the general public

The Taunton Shuttle

On Monday, Wednesday and Friday, the van goes from the COA and Town Hall on route 44 to Morton Hospital with requested stops along the way for medical, dialysis, social, shopping, and employment as well as the Raynham Walmart.

Reserve by calling by 1:00 the previous day or sooner

Connects at Wal-Mart for the Silver City Galleria

\$2.00 one way to Wal-Mart, \$3.00 one way to Morton Hospital

For elders 60 and older

Volunteer Drivers

We may be able to provide a volunteer driver for out of town medical appointments. Reserve by calling the COA 7 days in advance or sooner. A letter will be mailed requesting a donation to cover mileage.

FREE LEGAL ADVICE

Attorney Youngberg will be here on **Tuesday, June 12th** to answer questions on simple estate planning, health care proxies and Mass Health issues. Call the COA at (508) 946-2490 to set up your free 20-minute appointment.

**The Massachusetts Money
Management Program**

This is a free service that assists low-income elders. Trained, supervised volunteers assist clients by writing checks, balancing their checkbooks and managing their money. This program is jointly sponsored by AARP's Legal Counsel for the Elderly, The Massachusetts Executive Office of Elder Affairs and MA Home Care

For Elders Who

- are age 60 and older
- meet income guidelines
- live in a city or town within OCES' Service Area
- are homebound, visually impaired, disabled or deal with confusion
- are without family support
- are at risk of losing independence due to their inability to pay bills on time.

Contact Old Colony Elder Services at 508-584-1561 and ask for the Money Management Program.

“BE A ROAD SCHOLAR”

Presented by the Mass DOT

Tuesday, June 5th at 1:00



The Massachusetts Department of Transportation offers informative safe driving workshops for older drivers. This hour-long workshop presented by Michele Ellicks from the Registry of Motor Vehicles will review rules of the road, including new laws, regulations, and safe driving tips. She will also discuss disability plates, identification cards, and alternate forms of transportation. Come learn what's available in our community.

Please call the COA for reservations.

**Mark your calendars-Details to follow**

AARP DRIVER'S ED

Tuesday, July 17th 10:00 – 3:15

A Classroom refresher course designed for drivers age 50 and over. Fee for course is \$14, AARP members \$12, current and retired school personnel \$5. Please call the COA to sign up.

HEARING SCREENINGS**June 12th — 1:00-3:00**

Free hearing screenings and free minor repairs to hearing aids are provided by a Board certified specialist. Mr. John Klefeker is at the COA monthly. Appointments required- Call the COA at 508-946-2490

You should hear what you're missing!

**TUESDAY NITE JAZZ BAND****Wednesday, June 20th at 12:30**

School is out on the 19th, and students are scattering -- but not before the Tuesday Night Jazz Band comes to the COA! Under the direction of Mr. Marty Hartford, these talented teens are not to be missed.

Please call the COA for reservations.

HELP OUR NATIVE BIRDS

The birds of Middleborough need your help with an "Adopt-a-bird box" program going on in town. Join Melissa Guimont at the COA on Tuesday, June 26th at 1:00 to learn about our native birds. She will explain the variety of birds that live in this area and give details about the adopt-a-box program. Available for adoption are handmade bird houses measuring 15 1/2" high X 7 1/2" wide. Each house is made of recycled wood and constructed with the purpose of installation at a public place in town. The name of the donor will be displayed on the box. The idea of this program is to encourage native birds to take up residence in these boxes and encourage future generations to also. Each box is pole mounted and will be installed for \$16.00. Please RSVP to the COA at 508-946-2490.

PEDI-CARE CLINIC**Heidi Crowley, RN****Wednesday, June 6th****30 minute session -- \$28.00**

Pedi-Care is offered the first Wednesday of every month. To schedule your appointment for this unique low cost program providing professional foot care on a regular basis, please call 508-946-2490.

YOGA FOR (YOUR WHOLE) LIFE**Thursdays, 3:15 – 4:15****\$5 per class**

This is your chance to enjoy the last two Yoga classes before the summer break. The group will be on hiatus after June 14th.

SCRAPBOOKING WORKSHOPwill be held on Tuesday June, 19th

from 1 – 2:30PM

Please bring photos!

Most supplies will be provided.

RSVP 508-946-2490

REGARDING ALL SUPPORT GROUPS

It is always a good idea to verify meetings with the front desk or your facilitator. If you participate in a support group, we may not have a contact number to notify you of a meeting cancellation. These include Low Vision Support and Diabetes Support.

CAREGIVER SUPPORT GROUP**Wednesday, June 13th**

ROUNDTABLE DISCUSSION

7PM – 8:30PM

Refreshments will be served

RSVP Susan Adams @ 508-946-2490

LOW VISION SUPPORT GROUP**June 18th**

The low-vision support meetings at the COA will resume with a new facilitator, Leo Fuce. He has many new ideas for these friendly and informative meetings. This group is open to all who deal with low-vision, and their families. Meetings are held every 3rd Monday from 1:00 to 2:00.

DIABETES SUPPORT GROUP**June 13th**

The next meeting will take place June 13th from 11:00 to 12:30. Meetings are held every second Wednesday of the month. Come and join this dynamic and friendly group led by Phyllis Corning, a retired nurse and fellow diabetic sharing a wealth of experience and practical information.

What and When Should You Shred

Shred everything with your signature, birth date, Social Security number, account numbers, passwords or PINs. When? Shred credit card statements after 45 days unless you need them for proof of purchase or tax purposes. Shred bank deposits slips and ATM and credit card receipts as soon as the transactions appear on the statements. Shred bank statements, pay stubs, and medical bills after one year. Save indefinitely any paperwork that is related to taxes, mortgage payments, home improvements and medical and prescription records. Remember that in the function room there is an all purpose shredder that also takes plastic cards.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



JUNE 2012

HAPPY FATHER'S DAY

				<p>9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage & Whist 1:00 Bingo</p> <p style="text-align: right;">1</p>
<p>9:30 Square Dancing & Round Dancing 12:00 Lunch 12:30 Contract Bridge 12:45 Wii</p> <p style="text-align: right;">4</p>	<p>9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10-12 Knitting & Crochet 12:00 Lunch 1:00 Cribbage & Whist</p> <p style="text-align: right;">5</p>	<p>10-11:30 Line Dance 12:00 Lunch 1:00 Whist Party 1:00 Quilting Group</p> <p style="text-align: right;">6</p>	<p>9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing & Rounds Dancing 12:00 Lunch 12:30 Rummy with Pennies 3:15 Yoga for Life</p> <p style="text-align: right;">7</p>	<p>9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage & Whist 1:00 Bingo</p> <p style="text-align: right;">8</p>
<p>9:30 Square Dancing & Round Dancing 12:00 Lunch 12:30 Contract Bridge 12:45 Wii</p> <p style="text-align: right;">11</p>	<p>9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10-12 Knitting & Crochet 12:00 Lunch 1:00 Cribbage & Whist</p> <p style="text-align: right;">12</p>	<p>10-11:30 Line Dance 10:30 Town Health Dept. 12:00 Lunch 1:00 Whist Party</p> <p style="text-align: right;">13</p>	<p>9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing & Rounds Dancing 12:00 Lunch 12:30 Rummy with Pennies 3:15 Yoga for Life</p> <p style="text-align: right;">14</p>	<p>9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage & Whist 1:00 Bingo</p> <p style="text-align: right;">15</p>
<p>9:30 Square Dancing & Round Dancing 12:00 Lunch 12:30 Contract Bridge 12:45 Wii</p> <p style="text-align: right;">18</p>	<p>9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10-12 Knitting & Crochet 12:00 Lunch 1:00 Cribbage & Whist</p> <p style="text-align: right;">19</p>	<p>9:00 Veteran's Agent 10-11:30 Line Dance 12:00 Lunch 1:00 Whist Party 1:00 Quilting Group</p> <p style="text-align: right;">20</p>	<p>9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing & Rounds Dancing 12:00 Lunch 12:30 Rummy with Pennies</p> <p style="text-align: right;">21</p>	<p>9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage & Whist 1:00 Bingo</p> <p style="text-align: right;">22</p>
<p>9:30 Square Dancing & Round Dancing 12:00 Lunch 12:30 Contract Bridge 12:45 Wii</p> <p style="text-align: right;">25</p>	<p>9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10-12 Knitting & Crochet 12:00 Lunch 1:00 Cribbage & Whist</p> <p style="text-align: right;">26</p>	<p>10-11:30 Line Dance 10:30 Town Health Dept. 12:00 Lunch 1:00 Whist Party</p> <p style="text-align: right;">27</p>	<p>9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing & Rounds Dancing 12:00 Lunch 12:30 Rummy with Pennies</p> <p style="text-align: right;">28</p>	<p>9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage & Whist 1:00 Bingo</p> <p style="text-align: right;">29</p>



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BINGO—FRIDAYS AT 1:00

Come join the Bingo Players from 1:00 to 2:30 every Friday, here at the COA.

JUNE BIRTHDAYS

Florence Curley	8
Arnold Bettencourt.....	10
Eileen Wolf.....	10
Laura Zeronsky	14

FOOD PANTRY NEEDS

Sugar Free Fruit cups in fruit juice
 Sugar free pudding cups
 Canned meats and chicken
 Hannaford or Trucchi's gift cards are welcome

OFFICE HOURS - KEIKO ORRALL

Second Monday of each Month—12:30 – 2:00

Representative, Keiko Orrall, has office hours here at the COA on June 11th. This is your chance to talk to your representative about the issues that are most important to you.

CAN YOU HELP?

Please drop off at the COA front desk

Thank you for your support

Laundry Soap – SOS Pads

Large & Small Steam Pans

Coffee – Regular and Decaf

Plastic wrap and Aluminum foil

Cooking Spray – Vinegar – Sugar



JUNE MOVIE

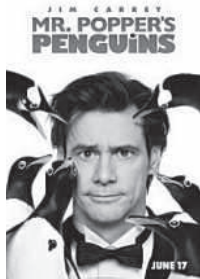


“MR. POPPER’S PENGUINS”

Thursday, June 14th at 12:45

2011 – PG – 1 hr. 34 min.

Family Comedy—Starring: Jim Carey
 Popcorn and cold drinks !



In this contemporary adaptation of the classic book, Jim Carry is Mr. Popper, a driven businessman who is clueless when it comes to the important things in life. And then he inherits six penguins that turn his swank New York apartment into a snowy winter wonderland, and the rest of his life upside-down. Filmed on a refrigerated soundstage with real Emperor Penguins. Call to reserve your seat.

FOXWOODS CASINO

We are not offering this trip, due to lack of participation.

HELP FOR THOSE AFFECTED BY DOMESTIC VIOLENCE

The South Shore Women’s Resource Center offers to help those who suffer from domestic violence. The center offers 24 hour hotline and emergency safe home services. There is also an older women’s program, as abuse has no age limit. The toll free hotline number is 888-746-2664. Everything is confidential.

KEEPING HEALTHY AND SAFE AS WE AGE

Please join us as we welcome the Brockton VNA June 7th at 1:00 PM - Refreshments served.

This free, informative program encompasses ways to improve you quality of life, mobility and independence.

FOOD STAMPS

Are you having a hard time making ends meet at the end of the month? Food stamps can help. They are now more discreet than you may remember. They are now in the form of debit cards. The Outreach office can help those 60 and over to apply. Call ext. 1419 for an appointment and information on required paperwork.

VETERAN’S SERVICES

June 20th

The Middleborough Veterans’ Service Agent, Paul Provencher, will be available at the COA the third Wednesday of every month from 9 A.M. to Noon. Please call the COA at (508) 946-2490 to schedule an appointment.

COMPUTER CLINIC


Protecting Your Computer

Tuesday, June 19th -- 1:00-2:00



Virus Protection for Internet Users

Many people are confused about virus protection, including subscriptions and updates. Our Computer Tutors have put together an informative session to help you understand the “ins & outs” of healthy internet access. In addition to general information, they will offer a power-point presentation on the DNSChanger, a virus which poses a potential danger to unprotected computers after July 9th of this year. Please call the COA for reservations.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu is subject to change. Coffee, tea or milk is served with all meals. Please make reservations</p>				<p>1 Italian Meatball Soup w/Bow Tie Pasta Garden Salad Assorted Pastry</p>
<p>4 Chicken Cutlet w/ Gravy Scalloped Potato Spinach Dinner Rolls Pudding Parfait</p>	<p>5 Egg Salad Sandwich w/Lettuce & Tomato Pasta Salad w/ Vegetables Chilled Pears</p>	<p>6 Fresh Fish Bake Baked Potato Cole Slaw Italian Bread Strawberry Shortcake</p>	<p>7 Pork Roast w/Gravy Rice Pilaf Broccoli Scali Bread Mixed Fruitcup</p>	<p>8 Beef Stroganoff over Noodles Petite Peas Rye Bread Pudding Parfait</p>
<p>11 Open Face Turkey Sandwich Stuffing Carrot & Peas Medley Hot Fudge Sundae</p>	<p>12 Meatloaf w/Gravy Baked Potato Mixed Vegetables Assorted Rolls Grapenut Pudding</p>	<p>13 Blueberry Pancakes Bacon Home Fries Fruit Cup</p>	<p>14 American Chop Suey Green Beans Garlic Bread Pudding Parfait</p>	<p>15 Chicken Parmesan Corn Niblets Garlic Bread Chilled Peaches</p>
<p>18 Stuffed Shells Green Beans Garlic Bread Fruit Smoothies</p>	<p>19 Pastrami Sandwich Potato Puffs Pudding Parfait</p>	<p>20 Knockwurst Cabbage Carrots Potato Wheat Rolls Mixed Fruitcup</p>	<p>21 Roasted Chicken Legs w/Rosemary & Olive Oil Stuffing Zucchini Rye Bread Brownies</p>	<p>22 Cheeseburger Plate with Lettuce & Tomato Pasta Salad Pudding Parfait</p>
<p>25 Grilled Hot Dog on Roll BeBob Beans Pudding Parfait</p>	<p>26 Tuna Noodle Casserole w/ Peas Corn Bread Fruited Jell-O</p>	<p>27 Ravioli w/Meat sauce Green Beans Garlic Bread Pudding Parfait</p>	<p>28 French Bread Pepperoni Mushroom/ Onion Pizza Garden Salad Mixed Fruitcup</p>	<p>29 BBQ Chicken Breast Potato Salad Corn on Cob French Bread Watermelon</p>

MENU IS SUBJECT TO CHANGE. COFFEE, TEA OR MILK IS SERVED WITH ALL MEALS. PLEASE MAKE RESERVATIONS. A \$4 DONATION IS SUGGESTED



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IMPORTANT!

DON'T FORGET!

COUNCIL ON AGING BOARD MEETING

Second Wednesday of every month

at 7:00 PM at the Center.

No meetings in July and August.

**COUNCIL ON AGING
BOARD OF DIRECTORS**

Arthur Turcotte, Chairman
Sarah Jigerjian, Vice Chairman
Barbara Chadwick, Secretary
Linda Bullard, Treasurer
Robert Burke
Marilyn Chammas
Geoff Hebert
Annette Holmes
Anders Martenson, Jr.
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James Waite

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