

**VOLUME 23  
ISSUE 10  
DECEMBER  
2021**



# COAlition

**MILLIS COUNCIL ON AGING**  
900 MAIN STREET MILLIS, MA. 02054  
508-376-7051

MONDAY-TUESDAY-WEDNESDAYS 9-4:00 THURSDAY 9-2 FRIDAYS 9-12:30

## Friends of Millis' Council on Aging

President: Bryan Riley  
Vice President: Steve Howie  
Secretary: Everard Huggan  
Treasurer: Brooks Corl  
Member: Carole Greco

## Council on Aging Board Members

Chairperson: Herbert Lannon Jr.  
Vice Chair: Christine McCaffrey  
Secretary: Helen Daly  
HESSCO Representative: Open  
Member: William Brown  
Member: Lisette Walter  
Member: Elizabeth Derwin

## Staff (508) 376-7051

Director: Patty Kayo pkayo@millisma.gov  
Outreach: Debbie Sand dsand@millisma.gov  
Transportation:  
Linda Stetson lstetson@millisma.gov  
Drivers:  
Robert Daly  
Herbert Lannon Jr.

## State Representative:

David P. Linsky: 617-722-2575  
Shawn Dooley: 617-722-2810  
Senator, Rebecca Rausch: (617) 722-1555

## Select Board

Chair-Peter Jurmain: pjurmain@millisma.gov Vice Chair-Erin Underhill : etund-erhill@millisma.gov Clerk- Craig Schultze: cschultze@millisma.gov

**The Millis Council on Aging is committed to maintaining the highest level of independence with older individuals by developing and coordinating community care, reducing isolation and educating and improving the overall understanding of various community-based services. The Council also provides transportation for the elderly and disabled and a outreach program for those who are in need of information or referrals. We also house the Meals on Wheels Program. The Center is an intake site for the States Fuel Assistance Program and The Millis Fund and acts as a liaison to many state, federal and local programs.**

**Millis Police & Fire Holiday Party** The Millis PD and FD will be sponsoring their annual Holiday luncheon at the Memorial Building gym catered by Bossy's Catering on **Thursday, December 16th at 12:30pm.** Reservations are required by Thursday, December 9th.  
\*This is a Millis resident only function.



**The Millis Lions Present "Off The Shelf Elves"** a variety show that will have you singing and laughing for an entire hour. With their own personalities, these mischievous Elves have had a lot of practice singing up at the North Pole. Fun and playful, this group will get the party moving and singing along to the more modern holiday favorites. Everyone is welcomed to this fun filled afternoon on **Wednesday, December 22nd at 1pm.** Refreshments will be served so please make a reservation so we may plan accordingly. \* Thank you to the Millis Lions for sponsoring this event.

**New England Investment & Retirement Group** is hosting an event to highlight risks posed to retirees pertaining to key areas of financial planning: retirement & income planning, investing, taxation, and estate planning. Please join us on **Tuesday, December 14th at 2 PM** at the Millis Senior Center. We will identify key risks and answer your specific financial planning questions such as outliving retirement assets, tax migration and avoiding probate. Refreshments will be provided. Reservations are strongly suggested.

**Holiday Cookie Decorating** The holidays are here. Whether you celebrate Christmas, Chanukah, Kwanza, or New Year, it is a great time to decorate cookies. Outreach Coordinator Debbie Sand will provide supplies and tips for decorating cookies on **Monday December 13th at 1PM.** Please RSVP for limited seating.

**Pizza & Prevention** Millis Firefighters will be here discussing their Senior Safe Program on **Tuesday, December 21st at 11am.** Please call ahead so we can ensure we have enough pizza for everyone.

**Boxwood Table Top Tree** Eileen Muller will be here **Tuesday, December 7th at 2:00pm** to walk you through making these beautiful Boxwood Table Trees. Boxwood trees last for months, it's not like a flower arrangement that will wilt. Reservations with \$10 payment must be made before December 1st. Non Residents \$15. \* Thank you to our Friends group for sponsoring this program.



**The Upcoming Elder Dental Program** is a free non-profit, community based program serving 23 southern Massachusetts communities. The Elder Dental Program's mission is to connect low-income seniors (age 60+) with local dentists who volunteer to participate by providing discounted dental care in their offices to elders. They refer those seniors who have been pre-screened meeting financial eligibility requirements. Dentist agree to abide by the Program's reduced fee schedule which is a fraction of their usual fees, so patients pay an amount that is more affordable to them. The participating dentists are essentially donating their time and services in order to benefit seniors who are at the lowest income levels (under 250% of Federal Poverty Guidelines) and truly in need. The Dental hygienist from HopeHealth Community VNA will be providing an oral health presentation and information on the program on **Monday, January 10th at 2pm.** Please call the Center to reserve your spot.

**Podiatry** Main Street Podiatry will be here **Wednesday, December 1st from 9-11am** to trim your toe nails and provide an initial evaluation of your feet. They accept most insurances with the exception of BMC. ***There may be charges from your insurance such as co-pays, deductibles, etc. Please check to with your insurance in advance to see if a referral is required. Pre- registration for appointments will be required.*** We will mail or email you a form that can be filled out prior to your visit. Please bring your insurance cards and completed form to the first visit. Please note that home visits can be arranged by calling the Senior Center or Main Street Podiatry (508) 533-3500.

**GEOLOGICAL WONDERS** Presenter, Susan Steele will be taking you on an amazing journey to the following locations to discover the world's greatest geological wonders. **Wednesdays from 11:00am- 12:00pm** This month is as follows: December 1st-Namib/Kalahari Deserts- Sand Mountains- Siwa Oasis December 8th—Auroras- Arizona Meteor Crater- Visitors from Outer Space December 15th- A Montage of Geological Mini-Wonders- Planetary Wonders- Out of this World

**GRAB AND GO LUNCH** from HESSCO Every Thursday from 11:15-12 HESSCO is offering a packed lunch which consists of a sandwich, chips, side salad, dessert and lemonade for a suggested donation of \$3. Every week the sandwich is different. Week 1: Chicken Salad, Week 2: Turkey & Cheese, Week 3: Seafood Salad, Week 4: Ham & Cheese, Week 5: Tuna Salad Please call the Center at 376-7051 by noon the Friday before to order.  
\* Please note there will be no Grab and Go the week of 12/20 due to the holiday.

**TAI CHI with Tony Berg** This class will focus primarily on the therapeutic aspects of Tai Chi, while the martial/ self-defense and performance aspects will be secondary, discussed only as an aid to learning the various forms. We will be practicing Yang style Tai Chi, which is the most popular of the five traditional schools of Tai Chi. The slow, controlled movements of Tai Chi improve concentration, strength, endurance, flexibility, balance, coordination, and poise. We learn to release unnecessary tension from the body and increase relaxed awareness. The movements and postures are easily modified to fit individual needs. Tony will be here every **Tuesday at 9am**. Classes are \$3.00 per class.

**Nanak's Kitchen** The Sikh Dharma food relief program is providing bags of nonperishable organic, vegan foods to anyone in need at the Council on Aging every **Monday from 9am-11am**. *All are welcome.*

**Stretch & Flow Yoga** In yoga class at the Senior Center we practice gentle stretches, flowing movement and breathing exercises. The class is adaptable and really is for everyone! You can use a chair or bring your own mat if you prefer to be seated on the floor. Several levels of modification are given, you will go at your own pace. In this class you will be encouraged to move with ease, never forcing or pushing yourself to a place where you feel uncomfortable. The class concludes with a breathing exercise and a few minutes in deep relaxation. My hope is that you will leave the class feeling refreshed, rejuvenated and ready to take on your day with grace and an optimistic mindset. The class meets **every Friday at 9:30am**. The cost is \$3.00.

**Technological Training for Multi- Devices** Having trouble with your laptop, smart phone or tablet? Bob Bryant is available to assist you with any device that is giving you problems. Bob is very knowledgeable with technology and will be available by appointment every **Monday from 10am-12pm**. This is by appointment only. Please call the Center to schedule a session with Bob in advance.

**BLOOD PRESSURE CHECKS** We have a registered volunteer nurse that will provide a blood pressure check for you every **Thursday from 11:00am-11:30am** in room 21.



**Cribbage** Come join the Cribbage group any **Monday or Friday from 9:30am-12pm**. Everyone is welcome! It's a great group of people. Come on down!

**BINGO** Will be held every Thursday at 12:15 in room 21. SUPER Bingo (the last pot is worth \$25) is every 2nd and last Thursday of the month.

**Line Dancing with Jeanne** If you have interest in joining the "Silver Streaks" every **Thursday morning @ 10:15 am in Room 18**, and have the basic rudiments of footwork used in Line Dancing, i.e., the grapevine, the jazz block, stomps, scuffs, taps, shuffle steps and pivots, come join us! The class is \$4.00 per class payable at the time of class. Please call (508)376-7051 to reserve your spot. For further information you can contact Jeanne Thompson @jat0535@comcast.net.

**FITNESS ROOM:** ***Thanks to our Friends group the annual fee for Millis residents is now \$50!!!!*** Why pay expensive gym fees when you can come to your Senior Center and work out with friends? We have 2 treadmills, recumbent bike, upright bike, Elliptical machine and a 7 piece hydraulic circuit training station. All that is needed is a completed application, medical release from your doctor and view an instructional video, all which can be found on the COA website at millisma.gov. An annual fee of \$100 for non Millis participants. This covers our maintenance costs and other related expenses. Please contact us at 376-7051 if interested. Hope to see you soon!

***Thank you to those of you who support us with contributions and donations. If you have anything to donate to "Candy's Corner" please drop your items off. We appreciate jewelry, knick-knacks, purses, small kitchen gadgets, and holiday decorations.***

Marsha Collins, Nancy Sennett, Barry Gallagher, Marcia Carini, and Nancy Tate for the Candy's Corner items~ Donald Rankin for the adaptive equipment~ Donna Cabibbo for the Mega Craft items, Carol Kerwin~ Mushnick for the DVD's

The Town of Millis offers help to individuals and families, both elders and non-elders, who need information and referrals for community, local, state or federal benefits. You may contact us yourself or call us, in confidence, with concerns or questions for a friend, neighbor, or family member. Outreach is available by appointment to assist with information, referrals, benefits counseling, support groups, age related issues and help in finding resources including, health benefits counseling, free legal counseling (advocacy) for housing/financial or other concerns. Please call about our services for senior citizens, adults, and families.

**Outreach Worker ~ Debbie Sand**  
**Monday ~ Tuesday ~ Wednesday 9am-4pm**

For winter heating bills, the Low Income Home Energy Assistance Program is a government-funded program that assists with home heating bills. Eligibility is based on household size and gross annual income, with income not exceeding \$40,951/year for a household of 1 and \$53,551/year for a household of 2. Income requirements for larger families are available. If you rent, you might be eligible to receive heating assistance even if your heat is included in your rent. Applications are accepted until April 30, 2022. I am available to help you fill out new and renewal fuel assistance applications. Please call to schedule an appointment.

Households having financial difficulty who are over-income for government-funded fuel assistance can apply for the Massachusetts Good Neighbor Energy Fund. Maximum gross annual income is \$54,601/year for a household of 1 and \$71,401/year for a household of 2. For more information about the Good Neighbor Energy Fund, please call the Salvation Army's Service Department at 339-502-5900 or come into the COA and we can call together.

In addition, the holidays are quickly approaching. If you are home alone and would like a Christmas dinner delivered to your house, please call me to have your name placed on the list. The meals are provided through Hessco's Meals on Wheels program.

Happy Holidays!

**Medfield's Kingsbury Club Senior Swim Program** is now open to Millis COA members. The Kingsbury Club is offering two times a week when just seniors use the pool, **Tuesdays 10:30-11:30 and Fridays 10am - 11am**. The fee is \$5 per visit. In the summer the schedule changes a bit and it is one time per week. COA members will have to present their COA key tag that indicates they are a member of the COA when entering the club.

**Senior Van Schedule**

Monday - Friday

Medical appointments available 8-1p.m.

2nd and 4th Thursdays

Bellingham Market Basket/ Walmart

Medical Appointments take priority over all trips

\$2.00 in town \$3.00 Medway/ Bellingham  
 \$5.00 Framingham/Norwood  
 \$20.00 Boston  
 \$10.00 Newton/Dedham \$25.00 Boston

**Transportation to Medical Appointments** We are available Monday through Thursday 8-2 Friday 8-12:30 to provide transportation to your local and Boston bound medical appointments. We have 2 handicapped equipped vans and one standard vehicle that provide transportation for our Millis seniors. Our drivers are friendly and accommodating and will ensure your trip goes smoothly. Please call as soon as you get your appointment and we will do everything possible to assist you.

**FOR TRANSPORTATION PLEASE CALL:**  
**(508) 376-7051**

**Shopping** Did you know that we offer transportation to Market Basket and Walmart every second and fourth Thursday of the month at 8:00am (\$3.00) This is a curb to curb service. All passengers must be able to manage their own grocery bags in and out of the van. Please call the Center two days prior for a reservation. Happy shopping!

## REGULAR ACTIVITIES

Bread and pastry available every day. Courtesy of Blue Moon Bakery, Roche Bro's, Shaws and Country Kitchen

### MONDAY

9- 7 ~ *Fitness Room*

9:00 ~*Enhance Fitness*

9-11 Nanak's Kitchen Food Relief Program

9:30 ~Cribbage

10-12 ~Device Training

### TUESDAY

9-4 ~*Fitness Room*

9-10 ~*Tai Chi with Tony*

9:30 -1 ~*Crafty Ladies*

10-11~ *Swimming Wrentham Pool*

(508) 384-6735 Peter

### WEDNESDAY

9-4 ~*Fitness Room*

10:00 ~*Enhance Fitness*

10:00~ *Friends Meeting~*

Wednesday after COA meeting

2-3~ *Swimming Wrentham Pool*

(508) 384-6735 Peter

### THURSDAY

8:00~ *2nd & 4th Grocery Shopping*

9-4 *Fitness Room*

10-1 ~ *1st & 3rd Thursday~ Shine*

(Days may vary) Please call

10:15-11:15~ *Line Dancing*

11:00- 11:30~ *Blood Pressure Clinic*

11:15-12 *Grab and Go Lunch*

12:15~ *Bingo*

### FRIDAY

9-12 *Fitness Room*

9:00 *Enhance Fitness*

9:00~2nd Friday only~ *COA Meeting*

9:30~ *Stretch & Flow Yoga*

9:30 *Cribbage*

10-11~ *Swimming Wrentham Pool*

(508) 384-6735 Peter

Kathy O'Neil  
COA Kitchen  
508-376-7056



*Please call Kathy if you are interested in driving or helping in the kitchen.*

## MONDAY

## TUESDAY

## WEDNESDAY

# December

1.

9-11 *Main Street Po*  
9-2 *Fitness Room*  
10-11 *Enhance Fi*  
11 *Geological Wond*  
1 *Richardson's Por*

6.

9-11 Nanak's Kitchen Food Relief Program  
9-4 *Fitness Room*  
9-10 *Enhance Fitness*  
9:30 *Cribbage*  
10-12 *Device Training*

7.

9-10 *Tai Chi with Tony*  
9-4 *Fitness Room*  
9:30-1 *Crafty Ladies*  
2 *Boxwood Table Top Trees*

8.

9-2 *Fitness Room*  
10-11 *Enhance Fi*  
11 *Geological Wond*  
1 *Richardson's Por*

13.

9-11 Nanak's Kitchen Food Relief Program  
9-4 *Fitness Room*  
9-10 *Enhance Fitness*  
9:30 *Cribbage*  
10-12 *Device Training*

14.

9-10 *Tai Chi with Tony*  
9-4 *Fitness Room*  
9:30-1 *Crafty Ladies*  
2:00 *New England Investment & Retirement Presentation*

15.

9-2 *Fitness Room*  
10-11 *Enhance Fi*  
10 *Friends Meeting*  
11 *Geological Wond*  
1 *Richardson's Por*

20.

9-11 Nanak's Kitchen Food Relief Program  
9-4 *Fitness Room*  
9-10 *Enhance Fitness*  
9:30 *Cribbage*  
10-12 *Device Training*

21.

9-10 *Tai Chi with Tony*  
9-4 *Fitness Room*  
9:30-1 *Crafty Ladies*  
11 *Pizza & Prevention with Millis EMT's*

22.

9-2 *Fitness Room*  
10-11 *Enhance Fitr*  
1 *Richardson's K*  
*Ladies*  
1 *Off The Shelf Elv*  
*ty Show*

27.

9-11 Nanak's Kitchen Food Relief Program  
9-4 *Fitness Room*  
9-10 *Enhance Fitness*  
9:30 *Cribbage*  
10-12 *Device Training*

28.

9-10 *Tai Chi with Tony*  
9-4 *Fitness Room*  
9:30-1 *Crafty Ladies*

29.

9-2 *Fitness Room*  
10-11 *Enhance Fitr*  
1 *Richardson's Por*



### Stretch & Flow Yoga

Friday at 9:30

Several levels of modification are given. Class is \$3.00.

### Tai Chi with Tony Berg Tuesday's at 9:00

The slow, controlled movements of Tai Chi improve concentration, strength, endurance, flexibility, balance, coordination, and poise. Learn to release unnecessary tension from the body and increase relaxed awareness. The movements and postures are easily modified to fit individual needs. Class is \$3.00

DAY	THURSDAY	FRIDAY
Podiatry Fitness Elders and Ladies	2. 9-4 Fitness Room 10-1 SHINE 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Bingo	3. 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
Podiatry Fitness Elders and Ladies	9. 8 Market Basket 9 COA Board Meeting 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo	10. 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
Podiatry Fitness Elders and Ladies	16. 9-4 Fitness Room 10-1 SHINE 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Bingo 12:30 MPD & MFD Holiday Party	17. 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
Podiatry Fitness Elders and Ladies	23. 8 Market Basket 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 12:15 Bingo	24. 
Podiatry Fitness Elders and Ladies	30. 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo	31. 

## Transportation Coordinator:

**Linda Stetson**

**376-7051**

**9-am -1pm**

## Transportation Available

- Monday - Thursday's 8-2 and Friday's 8-12:30
- Masks are required for all passengers and driver.
- We will clean and disinfect commonly touched surfaces in the vehicle at the end of each shift and between transporting passengers.

**Face masks are required for entry to the Center**

## BECOME A LIAISON FOR YOUR COMMUNITY



**From HESSCO Elder Services**

**We are looking for a Community Director from Millis for the HESSCO Board of Directors.**

**The role of a Community Director is to act as a liaison to his/her community, to report on the activities of the HESSCO Board, to report the needs and concerns of area elders to the HESSCO Board, and to formulate policy for the Corporation.**

**The Community Director does not need to be a member of the Council on Aging, but does need to be a resident of the town.**

**The board meets on the second Wednesday of the month at 9:30 at the HESSCO office but they are currently meeting through a Zoom meeting.**

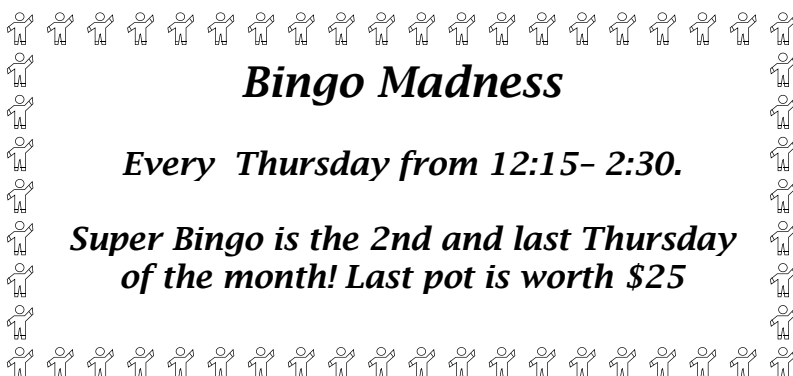
**If interested please call Patty @ 376-7051**

## Main Street Podiatry at the Center from 9-11

**December 1st**

**Pre registration for appointments will be required.**

We will mail or email you a form that can be filled out prior to your visit. Please bring your insurance cards and completed form to the first visit. Please note that Home visits can be arranged by calling the Senior Center or Main Street Podiatry (508) 533-3500. Co- pays may apply. Please check with your insurance co.



## Bingo Madness

**Every Thursday from 12:15- 2:30.**

**Super Bingo is the 2nd and last Thursday of the month! Last pot is worth \$25**





## TRIPS



### ***Yuletide Newport December 6th \$99.00 PP***

8:30 AM Depart onboard your luxury Silver Fox CD/DVD/WiFi Motor Coach and join your friends on a delightful holiday tour combining the beautifully decorated mansions of Newport, Rhode Island and the magnificent lighting display at LaSalette Shrine. You'll first visit Newport's grand Marble House Mansion, decorated in holiday ornaments and displays. A delicious luncheon is included at The Quonset Point Officer's Club and featuring entrée choices of Fresh Baked Scrod or Baked Chicken.

Early this evening a spectacle awaits you at LaSalette, where New England's largest and most colorful Christmas light display is held. You'll return home at approximately 7:00 PM with enlivened holiday spirits after a day visiting Newport and LaSalette.

*\*Please note that a copy of your vaccination card is required to board the bus. May be a hard copy or available on your phone.*

### ***MILLIS COUNCIL ON AGING TRIP POLICIES***

Please call the COA office at 508-376-7051 to make trip reservations. Chose entrée at time of reservation.

2. Payment must be made in check form. Checks Payable to Fox Tours, mail to: COA, Town Hall, 900 Main Street, Millis, MA 02054. Make a separate check for each trip.

3. Payment is due as specified in each description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you may find someone to go in your place. Payment will not be refunded if your cancellation results in any expense to the COA.

4. ***Please always bring a copy of your FILE OF LIFE card with you on trips. They will be checked.***

### **Why should I donate to the Friends of the COA?**

- ◆ The objective of The Friends of Millis' COA, Inc. is to help raise funds for the Senior Center by purchasing and donating to the Millis COA any items above and beyond what the town or the Commonwealth provides.
- ◆ All money raised is used for senior programs and activities to perpetuate the well-being of our senior citizens and to help enrich their community interest.
- ◆ Some familiar programs that are supported by the Friends are exercise classes, vehicles and other transportation needs, holiday meals, the annual volunteer luncheon, and many more!
- ◆ It's only \$6.00/year! This money goes a long way in supporting our Senior Community.
- ◆ If your mailing label has a \$ after your name it's time to renew your membership.

*Thank you very much!*

DUES \$6 INDIVIDUAL PER YEAR  
Please mail checks to 900 Main Street, Millis

Names of contributors will be listed in the newsletter each month. Any interested adult can be a member of The Friends. \*All donations are tax deductible.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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### ***Your Tax Deductible Donation to the Senior Center Fits All Occasions***

**Your Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Donation Amount:** \$ \_\_\_\_\_

**Select One:**    *In Memory Of:*    *In Honor Of:*    *In Celebration Of:*    *Donation For:*

\_\_\_\_\_

## Happy Holidays

Knock, knock! Who's there? Olive. Olive who? Olive Christmastime, don't you?

Knock, knock! Who's there? Honda. Honda who? Honda first day of Christmas my true love sent to me...

Knock, knock! Who's there? Dexter. Dexter who? Dexter halls with boughs of holly...

Knock, knock! *Who's there?* Santa. *Santa who?* Santa Christmas card to you, did you get it?

Knock, knock! *Who's there?* Elf. *Elf who?* Elf me wrap this present for Santa!

Knock, knock! *Who's there?* Holly. *Holly who?* Holly-days are here again!

Knock, knock! *Who's there?* Anna. *Anna who?* Anna partridge in a pear tree.

Knock, knock! *Who's there?* Avery. *Avery who?* Avery merry Christmas to you!

Knock, knock! *Who's there?* Snow. *Snow who?* Snow time to waste. It's almost Christmas!

Knock, knock! *Who's there?* Coal. *Coal who?* Coal me if you hear Santa coming.

Knock, knock! *Who's there?* Donut. *Donut who?* Donut open til Christmas!

Knock, knock! *Who's there?* Justin. *Justin who?* Justin time for Christmas cookies!

Knock, knock! *Who's there?* Gladys. *Gladys who?* Gladys Christmas!

***Many thanks to those who support our activities through dues and donations.***

***You're the best!!!***

**Dues were received from:** Carol B. Mushnick, Robert & Catherine Herbstzuber, Rick & Linda Jones, Vincent & Joan Calabro, Shirley McGroarty, John & Nancy, Louise & Dennis Hall, George Sgourakes, Dianne Foundas, Wendy Cole, Al & Carol Holmes, Jeanne Thompson, Jim & Chris McCaffrey, Patricia Spearing, Mary Skilling, Sharilyn Steadman, Beth Golden, Marilyn Camelio, Joan Curley

**Dues with extra donations were received from:** Geri & John Sprague, Elves Orciani, Bob & Carolyn Gentile, Romi Whitman, Marshall & Mary Thurlow, Meredith Pouletten, Lydia Keenan, Dan Colella, Anonymous, Arlene Smith, Nancy Tate, Paul Howie, Brian Murphy, Frances Demartin, Paula Norton, Bryan & Sylvia Riley, Susan Steele, Paul & Virginia Lepley, Marsha Collins, Suzanne Locklin, Theodore & Dororthy Iorio, Norma & Richard Graham, Mary Alexander, Colin & Patricia Grennon, Raymond & Theresa Boggs, Joann Bruce, Charles & Ellen Wainwright, Wayne & Nancy Vinton, Al & Carol Holmes, Linda MacFarlane

**Donations for the Van were received from:**

**Donations to the Center were received from:** Bob, Barbara & Kathryn Bryant, Patricia & Colin Grennon

**Donation in memory of Linda Beyer received from:** Marsha Collins

**Donation in memory of Barbara Tierney, Jocelyn Johnston received from:** Kathleen Marden

**Donation in memory of Samuel J. Howie Jr. received from:** John & Janet Howie

**Donation in memory of Frank & Anne Mucinskas received from:** Louise & Dennis Hall

**Donation in memory of Sophia Sgourakes received from:** George Sgourakes

**Donation in memory of Ronald B. Spearing received from:** Patricia Spearing

**Donation in memory of Justin Power received from:** Marie Power

### ***In Memory of:***

Michael P. O'Neil ~ Linda Beyer ~ Virginia Peiler ~ George Gorman





**COALITION**

MILLIS  
COUNCIL ON  
AGING

Millis Council on Aging  
Veterans Memorial Building  
900 Main Street  
Millis, MA 02054  
Phone: 508 376-7051  
Kitchen: 376-7056  
Fax: 508 376-7054

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This newsletter is brought to you by a grant from Executive Office of Elder Affairs and The Friends of Millis