

VOLUME 24
ISSUE 5

JUNE
2022



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

Staff (508) 376-7051

Director: Patty Kayo pkayo@millisma.gov
Outreach: Debbie Sand dsand@millisma.gov
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Drivers: Robert Daly Herbert Lannon Jr.
Richard Posklensky Jack McBrien

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

Friends of Millis' Council on Aging

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

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 :etunderhill@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.

Mass Bar Association - The Power of Trusts: with Attorney Jennifer Deland **Monday, June 6th at 1:00.** If you're confused, or unfamiliar with trusts as part of an estate plan, you're not alone! Some people need to have a trust, others do not. Then there's the probate process. Does having a trust impact the probate process? Should you have a trust to avoid the probate process? To answer your questions about trusts and probate, please join us. The Mass Bar Association booklet "2022 Elder Law Education Guide" will be provided to all participants. Reservations are greatly appreciated.



Normandy with the McCoys Join us on **June 14 at 1pm**, just a few days after the anniversary of D-Day, to see a photo show of Janice McCoy's trip to Normandy in 2014. Janice visited Normandy including the D-Day beaches, memorials and museums; Bayeux, home of the famous tapestry and cathedral; and Giverny, home of famous artist Claude Monet. The trip was just before the 70th anniversary of the D-Day landings and preparations for the upcoming anniversary were evident in many of the important sites. Janice stayed in the charming town of Honfleur from which all trips originated. Refreshments will be served so please reserve your spot so we will have enough for all.

Fathers Day Luncheon Come on down and enjoy a meal fit for a king. We will be serving lasagna and anti-pasto from the Rome restaurant on **Thursday, June 16th at noon**. We will also be discussing future groups for men. Your input is very important to us. Please make reservations with payment of \$7 before Monday, June 13th.

Happy
Father's
Day!

Boxing with Amy Gagne You're never too old to try something new! Try this 30-minute boxing workout designed for seniors who want to keep their bodies & minds strong after age 60. High-intensity workouts can be difficult as we age, and we each have our own physical limitations. Boxing workouts are especially beneficial for fitness lovers over the age of 60 because they can be adapted into low-impact routines. Benefits include: improving hand-eye coordination, increase in cognitive abilities and alertness, and mind body connection. Gloves will be provided but if you prefer you can purchase your own at Walmart or amazon. Classes will be held every Wednesday, starting **Wednesday, June 1st from 1- 1:30** in room 18. Cost is \$3 per class for Millis residents \$5 for out of towners.



*Thank you to our Friends group for supporting this class.

Main Street Podiatry will be here **Wednesday, June 8th 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 Main Street Podiatry (508) 533-3500.

Pizza and Prevention ~ Millis Firefighters will be here on **Monday, June 13th at 11:00**. Topic to be determined. Pizza will be served.



Origami is the art of paper-folding. We have a talented resident that will show you how to make hats, animals and flowers. Join her at the Center on **Thursday, June 2nd and 16th from 11-1pm.**

Board Games with Debbie This has been a great success. Debbie will be hosting on **Tuesday, June 21st from 1-3.** Come on down and enjoy some friendly competition with your neighbors.

Legal Consultations with Beth Murphy Do you have a legal concern and don't know where to turn? Beth will be here on **Thursday, June 9th from 11-12** to steer you in the right direction. If she cant help you directly she can refer you to a lawyer that can. Appointments are required and Millis residents have priority.

Knitting Group Calling all knitters. Come meet some new and old friends as you help each other with knitting projects on **Thursday, June 2nd and June 16thth from 1-3.** You can knit hats for charity or bring your own project. Carol Goldstein will assist with explaining patterns. Bring your knitting needles if you have; otherwise needles and yarn will be supplied.

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. 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 9.** 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 Tuesday morning. *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. The class meets **every Friday at 9:30.** 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 10-12.** 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 11:00-11:30** in room 21.

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

SUPER BINGO EVERY THURSDAY!!! Will be held **Thursday at 12:15** in room 21. SUPER Bingo (the last pot is worth \$25) every Thursday. Thank you to our Friends Group for supporting this!

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!



Select Board Member Erin Underhill has office hours in room 206 of the Town Hall: **Tuesday, June 7 from 1-2pm** and **Thursday, June 9 from 10:30-11:30am and 7-8pm**

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.

Nancy DeVita for the books~ Maureen DiMilla for the ensure~ Janet OKeefe for the jewelry~ Barbara Butler for the purse~ Shelia & Wayne Lawes for the Candy's Corner items~ Sylvie for the jewelry~ Claire Gorman for the Candy's Corner items ~ Kathy & Jay Magilligan for the jewelry

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 9-4

We have all been affected by rising costs, from the cost of food to housing, and this especially affects those on fixed budgets. There are a number of programs that can help.

Food stamps, now called SNAP, help people buy and eat nutritious food by putting monthly funds onto an EBT card. There are monthly income and asset requirements. I can assist with the online application.

The Millis Ecumenical Food Pantry, located on the bottom floor of the Church of Christ, 142 Exchange Street, provides food to the community. You can shop at the Food Pantry every two weeks. The Food Pantry is open every Saturday from 10 AM - Noon, and the first and third Wednesdays from 10 AM - Noon. The senior van will be giving rides from Millis Housing to the Food Pantry on the Wednesdays at 10:30AM.

Nanek's Kitchen, the Sikh Dharma food relief program, provides bags of nonperishable vegetarian food to the Council on Aging every Tuesday. Please stop by for a bag.

The Millis Fund is a not-for-profit community organization providing financial assistance to Millis residents in emergency situations, such as for medical expenses, utilities, rent, and other needs. I have the grant application and can help you apply.

South Middlesex Opportunity Council (SMOC) administers the state-funded RAFT program, which can provide up to \$7,000 for rent and other housing costs, including utilities, moving costs, and overdue rent costs, as well as future rent in limited situations. I can assist with the online application.

The Massachusetts Homeowner Assistance Fund (HAF) is a federally funded program to help Massachusetts homeowners impacted by COVID-19 with overdue mortgage payments of at least 3 months. If a homeowner is approved, funds will be provided to their mortgage servicing company and applied to the loan. I can assist with the online application .

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 thru Thursday
Medical appointments available 8-2p.m.
Friday 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
\$10.00 Newton/Dedham
\$25.00 Boston

Transportation to Medical Appointments We are available Monday through Thursday 8-2 Friday 8-1:00 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.

Please be aware that we can not provide repetitive trips. We have to be available for all Millis residents.

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.

The senior van provided rides from Millis Housing to the Millis Food Pantry on the **first and third Wednesday every month at 10:30**. You must call the Senior Center in advance for a ride. Please let us know if you require assistance with bringing your bags into your apartment, we can have someone to there help you.

REGULAR ACTIVITIES		MONDAY	TUESDAY	WEDNESDAY
<p>Bread and pastry available every day. Courtesy of Blue Moon Bakery, Roche Bros, Shaws and Country Kitchen</p> <p>MONDAY 9- 7 ~ <i>Fitness Room</i> 9:00 ~<i>Enhance Fitness</i> 9:30 ~<i>Cribbage</i> 10-12 ~<i>Device Training</i></p> <p>TUESDAY 9-11~ <i>Nanak's Kitchen Food Relief Program</i> 9-4 ~<i>Fitness Room</i> 9-10 ~<i>Tai Chi with Tony</i> 9:30 -1 ~<i>Crafty Ladies</i> 10-11~ <i>Swimming Wrentham Pool</i> (508) 384-6735 Peter</p> <p>WEDNESDAY 9-4 ~<i>Fitness Room</i> 10:00 ~<i>Enhance Fitness</i> 10:00~ <i>Friends Meeting~</i> <i>Wednesday after COA meeting</i> 2-3~ <i>Swimming Wrentham Pool</i> (508) 384-6735 Peter</p> <p>THURSDAY 8:00~ <i>2nd & 4th Grocery Shopping</i> 9-4 <i>Fitness Room</i> 10-1 ~ <i>1st & 3rd Thursday~ Shine</i> (Days may vary) Please call 10:15-11:15~ <i>Line Dancing</i> 11:00~ 11:30~ <i>Blood Pressure Clinic</i> 11-12~ <i>2nd Thursday only~ Legal Consultations</i> 11:15-12 <i>Grab and Go Lunch</i> 12:15~ <i>Bingo</i> 1-3 ~ <i>1st & 3rd Thursday~ Knitting</i></p> <p>FRIDAY 9-12 ~<i>Fitness Room</i> 9:00~ <i>Enhance Fitness</i> 9:00~<i>2nd Friday only~ COA Meeting</i> 9:30~ <i>Stretch & Flow Yoga</i> 9:30 ~<i>Cribbage</i></p>		<div>June</div> <p>6. 9-4 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 10-12 Device Training 1:00 <i>The Power of Trusts</i></p> <p>13. 9-4 Fitness Room 9:30 Cribbage 10-12 Device Training 11:00 <i>Millis EMT's Pizza & Prevention</i></p> <p>20. 9-4 Fitness Room 9:30 Cribbage 10-12 Device Training</p> <p>27. 9-4 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 10-12 Device Training</p>	<p>7. 9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i></p> <p>14. 9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i> 1:00 <i>Normandy with the McCoys</i></p> <p>21. 9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i> 1-3 <i>Board Games with Debbie</i></p> <p>28. 9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i></p>	<p>1. 9-2 Fitness Room 10-11 Enhance Fitness 1-1:30 <i>Boxing</i></p> <p>8. 9-11 <i>Podiatry</i> 9-2 Fitness Room 10-11 Enhance Fitness 1-1:30 <i>Boxing</i></p> <p>15. 9-2 Fitness Room 10 Friends Meeting 1-1:30 <i>Boxing</i></p> <p>22. 9-2 Fitness Room 1-1:30 <i>Boxing</i></p> <p>29. 9-2 Fitness Room 1-1:30 <i>Boxing</i></p>
<p><i>Kathy O'Neil</i> <i>COA Kitchen</i> <i>508-376-7056</i></p> <p><i>Please call Kathy if you are interested in driving or helping in the kitchen.</i></p>		<p><u>Stretch & Flow Yoga</u> Friday at 9:30</p> <p>Several levels of modification are given. Class is \$3.00.</p> <p><u>Tai Chi with Tony Berg</u> Tuesday's at 9:00</p> <p>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.</p>		

WEDNESDAY	THURSDAY	FRIDAY
SS	2. 9-4 Fitness Room 10-1 SHINE 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 12:15 Super Bingo 11-1 Origami 1-3 Knitting	3. 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
	9. 8 Market Basket 9 COA Board Meeting 9-4 Fitness Room 10:15-11:15 Line Dancing 11-12 Consultations with Beth 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
SS	16. 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12 Fathers Day Lunch 12:15 Super Bingo 11-1 Origami 1-3 Knitting	17. 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga
	23. 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 12:15 Super Bingo	24. 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga
SS	30. 8 Market Basket 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 12:15 Super Bingo	

Main Street Podiatry at the Center from 9-11
 June 8th
 August 17th
 October 19th & December 21st

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 forms to the first visit. Please note that Home visits can be arranged by calling the Senior Center or Main Street Podiatry (508) 3500. Co-payments may apply. Please check with your insurance company.

Transportation
376-7051
9-am -1pm
Rochelle Bunt
Transportation Available

- Monday - Thursday 8-2 and Friday 8-12:30
- Masks are required for all passengers and driver.

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



SUPER Bingo Madness

Every Thursday from 12:15- 2:30.

Super Bingo is now every week!

The last pot is worth \$25

Come and try your luck!



TRIPS



Foster's Authentic Maine Lobsterbake- Wednesday, August 24th \$99 PP

9:30 AM Depart from the Millis Town Hall, 900 Main Street on your luxury, Silver Fox Coach. You'll initially visit scenic Nubbles Light and York Village, where you will have time to browse through the many boutiques or stroll along Ocean Drive, a spectacular coastal walkway. Then be ready to feast on plenty of delicious food at Fosters. The feast is steamed over a roaring wood fire- The Downeast way! Menu choice includes: Maine Lobster *OR* Chicken, New England Clam Chowder, Cultivated Mussels, Corn on the Cob, Roasted Red Potatoes and Onions and Blueberry Crumb Cake. Foster's also provides live musical entertainment during your stay.

Cruising the Charles—Wednesday, September 7th \$99 PP

9:00 AM Depart from the Millis Town Hall, 900 Main Street, this morning on your luxury Silver Fox Coach for Boston. You and your friends are in for a great day in "Beantown" today. After sightseeing on Boston Common this morning, a delicious luncheon follows at the terrific Cheesecake Factory restaurant. You can choose your entrée off the menu and then enjoy a scrumptious Cheesecake Dessert and beverage, You'll have time to explore the stores at the Cambridge Side Galleria Mall before you enjoy the day's special treat, a delightful cruise along the Charles River as the Captain provides a narration of the most historic sights of Boston and Cambridge. Your narrated cruise will provide you a most different perspective of Boston. You'll arrive home at 5:30 PM after a great day with your friends in scenic Boston and Cambridge.

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.

DUES \$6 INDIVIDUAL PER YEAR

Please make payable to the Friends of Millis COA, 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: _____

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:

(Please make checks out to the Friends of Millis, 900 Main Street Millis, MA. 02054)

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!' The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?' The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'

Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a suppository in your left ear?" Mabel answered, "I have a suppository?" She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."

A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited one hospital in Brooklyn and brought along his portable keyboard.

After telling jokes and singing songs at patients' bedsides, he said farewell and, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

REALITY CHECK:

- Eventually, you will reach a point when you stop lying about your age and start bragging about it.
- The older we get, the fewer things seem worth waiting in line for.
- Some people try to turn back their odometers. Not me. I want people to know why I look this way. I've traveled a long way and some of the roads weren't paved

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

You're the best!!!

Dues were received from: Janet & Robert Harkey~ Anna DiMartinis~ Brenda & Bernard Donofrio~ Kathy & Bert Lannon~ Karen & Thomas Stanisce~ Stephen Baker

Dues with extra donations were received from: Dennis Goodwin~ Kurt Varga~ Joanne Griffin~ Kathy Stevens ~Donna Scotland~ Carole & Kenneth McColl~ Janet McCarron~ Phoebe & Fred Odoardi~ Robert & Carol Yeager~ Barbara Butler~ Sheila & Wayne Lawes~ Roger DiCenzo~ Deborah Schortmann~ Nancy & Charles Cunningham~ Sheila and Michael Caulfield~ Ronda and Robert Matson~ Kathleen Keough~ Katheryn and George Reebe~ Janet & Edwin Perry

Donations to the Center were received from: Kathy Stevens~ Nancy Tate~ Mary Russo

Donations for the Van were received from: Janet & Robert Harkey

Donation in memory of Marge Hunt received from: Her "fun" group

Donations in memory of Edwin (Bud) E. Waite & Bernard Coffey were received from: Manny Goes

Thank you from the Friends of Millis to: Candy Carlson and the Crafty Ladies for raising over \$500 with their Huge Jewelry sale. Great job Ladies!

Donation in memory of Durwood Rowley was received from: Shirley Rowley

Donation in memory of Vinnie Calabro received from Joan Calabro

Donation in memory of Arthur Payne Jr. received from Arthur and Jennifer Payne

Donation in memory of Joanne & Ernie Brodeur and Hank & Therese Perciaccante received from Katheryn & George Reebe
Donation in memory of Phillips Baker Jr. received from Stephen Baker



In Memory of: Shirley Devens~ Donald Baker~ Shirley Devens~ Rev. Henry Chambers



Millis Senior Center Feasibility Study

The architectural firm that developed the plans will be at these sessions along with representatives of the Select Board, Permanent Building Committee, Council on Aging, the Library, and the Recreation Department. Bring your input, questions, comments, and concerns. There will be information on timing and costs at these sessions. **We need to hear from you.**

Focus Group Meetings

June 7th at 2PM Millis Housing 310 Exchange St. Community Room

June 22nd at 7PM Millis Library Roche Brothers Room 7pm

Help us keep costs down. If you do not want to receive this newsletter every month please call the Center at (508) 376-7051 or email Patty at pkayo@millisma.gov. You can resubscribe at any time.



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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Please visit our Face Book page at :

<https://www.facebook.com/milliscouncilonaging>

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