

VOLUME 24  
ISSUE 4

MAY  
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](mailto:pkayo@millisma.gov)  
Outreach: Debbie Sand [dsand@millisma.gov](mailto:dsand@millisma.gov)  
Transportation: Rochelle Bunt  
Department Assistant: Sandy Moore  
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:

Shawn Dooley: 617-722-2810  
Senator, Rebecca Rausch: (617) 722-1555

### Select Board

Chair-Peter Jurmain: [pjurmain@millisma.gov](mailto:pjurmain@millisma.gov) Vice Chair-Erin Underhill : [etund-erhill@millisma.gov](mailto:etund-erhill@millisma.gov) Clerk- Craig Schultze: [cschultze@millisma.gov](mailto: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.

**Town Meeting** is scheduled for Monday, May 2, 2022 at 7:30 PM at the Middle/High School. You must be present to vote at Town Meeting. The **Local Town Election** is Monday, May 9, 2022 at the Town Hall from 7:00 AM - 8:00 PM. Absentee ballots should be available in early April. Please call the Town Clerk's office if you would like a ballot mailed to you. If you are not registered to vote, you must register to vote at the Town Clerk's Office by Tuesday, April 12, 2022 by 8:00 PM for Town Meeting or online at [mass.gov](http://mass.gov) In order to vote at Town Election you must register to vote by Tuesday, April 19, 2022. Please call the Center **in advance** if you would like transportation to Town meeting or the polls.

**Great Lodges of the National Parks** in a 6 part PBS series. Learn about National Park Service Rustic or 'Parkitecture' and immerse yourself in the stories behind these national treasures. Sit in the setting sun and gaze out at the Grand Canyon at El Tovar, sit on the veranda of the Old Faithful Lodge and watch Old Faithful erupt, stand among soaring Douglas Fir in the great hall of Glacier Park Lodge and much more. This program will meet on **Wednesdays from 11 AM to 12 PM on May 4, 11, 18**. Hosted by Susan Steele.



*Sign-up is recommended and email would be appreciated - so you can be notified if there is change in the schedule.*

**Painting with Pastels with Paula** Pastel paper, pastel paints will be provided for those who would like to try painting. We will have a discussion about the pastel process, followed by the steps to create your painting and a short demo. The aim here is to have fun and learn something about this form of art. Paula will bring some of her art for you to see. We will be using pastel sticks which will be a little messy so participants must bring, an apron, hand wipes, drawing charcoal or pencil. This is a great medium because you can touch, feel and see your creation. Hope you will join and share in this fun experience with pastels on **Monday, May 16th at 1:00**. Class is limited so please make a reservation with payment of \$3 before Wednesday, May 11th.

**Mothers Day Luncheon** We will be celebrating a couple days late but it will be well worth it. Come join us on **Tuesday, May 10th at noon** for antipasto and cheese lasagna. Please make reservations with payment of \$7 before Thursday, May 5th. Hope to see you here!

**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, May 5th and 19th from 11-1pm**.

**Pizza and Prevention ~ Millis Firefighters** will be here on **Monday, May 23rd at 11:00**. Topic to be determined. Pizza will be served.



**Board Games with Debbie** This was a great success in March. We will be doing it every **3rd and 5th Tuesday** of the month in May from 1-3. Come on down and enjoy some friendly competition with your neighbors.

**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](mailto:pkayo@millisma.gov). You can resubscribe at any time.**

The senior van will be providing 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.

**Legal Consultations with Beth Murphy** Do you have a legal concern and don't know where to turn? Beth will be here on **Thursday, May 12th 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, May 5<sup>th</sup> and May 19<sup>th</sup> 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.

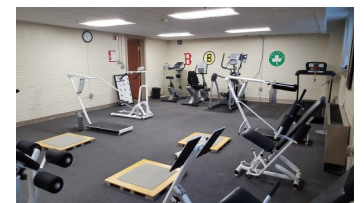
**BLOOD PRESSURE CHECKS** We have a registered volunteer nurse that will provide a blood pressure check for you every **Thursday from 11:00-11:30** in room 21.

**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!



**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.**

Thank  
You

Anne Williams for the adaptive equipment~ Paulam Parikh for the magazines~  
3rd grade Brownies Troup #67239 for the cookies~ Patricia Burke magnifying  
glass~ Claire Gorman for the Candy's Corner items~ Julie Chisholm for the flow-  
ers~ Janice McCoy for the jewelry~ Elvis Orcini for the blanket

Thank  
You

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***

Do you have food insecurity issues? You are not alone. Millions of older Americans are at risk for hunger. The following is some help:

Food stamps, now called the Supplemental Nutrition Assistance Program (SNAP), helps people buy and eat nutritious food by putting monthly funds onto an EBT card. To be eligible, you must be a resident of Massachusetts and meet monthly income and asset requirements. As the outreach coordinator, I can assist you 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. The actual amount of food received is based on family size. To use the Food Pantry, you need something to show proof of Millis residency. There is no income requirement. 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. Email: [mefpantry@gmail.com](mailto:mefpantry@gmail.com); website: [www.millisfoodpantry.com](http://www.millisfoodpantry.com).

The senior van will be giving rides from Millis Housing to the Food Pantry on the Wednesdays at 10:30AM.

Meals on Wheels, run by HESSCO and delivered by Millis volunteers, deliver hot meals to home-bound Millis residents, 60 years old and older, who are having difficulty preparing meals for themselves. Meals can be delivered up to 5 days/week Monday-Friday. The meal arrives between 11AM and 1PM. Suggested meal donation is \$3.00.

***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.

REGULAR ACTIVITIES		MONDAY	TUESDAY	WEDNESDAY
Bread and pastry available every day. Courtesy of Blue Moon Bakery, Roche Bros, Shaws and Country Kitchen  <b>MONDAY</b> 9- 7 ~ <i>Fitness Room</i> 9:00 ~ <i>Enhance Fitness</i> 9:30 ~ <i>Cribbage</i> 10-12 ~ <i>Device Training</i>  <b>TUESDAY</b> 9-11 Nanak's Kitchen Food Relief Program 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  <b>WEDNESDAY</b> 9-4 ~ <i>Fitness Room</i> 10:00 ~ <i>Enhance Fitness</i> 10:00~ <i>Friends Meeting~</i> Wednesday after COA meeting 2-3~ <i>Swimming Wrentham Pool</i> (508) 384-6735 Peter  <b>THURSDAY</b> 8:00~ 2nd & 4th Grocery Shopping 9-4 <i>Fitness Room</i> 10-1 ~ 1st & 3rd Thursday~ <i>Shine</i> (Days may vary) Please call 10:15-11:15~ <i>Line Dancing</i> 11:00- 11:30~ <i>Blood Pressure Clinic</i> 11:15-12 <i>Grab and Go Lunch</i> 12:15~ <i>Bingo</i>  <b>FRIDAY</b> 9-12 <i>Fitness Room</i> 9:00 <i>Enhance Fitness</i> 9:00~2nd Friday only~ <i>COA Meeting</i> 9:30~ <i>Stretch &amp; Flow Yoga</i> 9:30 <i>Cribbage</i> 10-11~ <i>Swimming Wrentham Pool</i> (508) 384-6735 Peter		2.  9-4 <i>Fitness Room</i> 9-10 Enhance Fitness 9:30 <i>Cribbage</i> 10-12 <i>Device Training</i>  TOWN MEETING	3.  9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 <i>Fitness Room</i> 9:30-1 <i>Crafty Ladies</i>	4.  9-2 <i>Fitness Room</i> 10-11 Enhance Fitness 11-12 <i>Great Lodges</i>
		9.  9-4 <i>Fitness Room</i> 9-10 Enhance Fitness 9:30 <i>Cribbage</i> 10-12 <i>Device Training</i>  TOWN ELECTION	10.  9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 <i>Fitness Room</i> 9:30-1 <i>Crafty Ladies</i> 12 Mothers Day Luncheon	11.  9-2 <i>Fitness Room</i> 10-11 Enhance Fitness 11-12 <i>Great Lodges</i>
		16.  9-4 <i>Fitness Room</i> 9-10 Enhance Fitness 9:30 <i>Cribbage</i> 10-12 <i>Device Training</i> 1:00 <i>Painting with Paula</i>	17.  9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 <i>Fitness Room</i> 9:30-1 <i>Crafty Ladies</i>  1-3 Board Games with Debbie	18.  9-2 <i>Fitness Room</i> 10 Friends Meeting 10-11 Enhance Fitness 11-12 <i>Great Lodges</i>
		23.  9-4 <i>Fitness Room</i> 9-10 Enhance Fitness 9:30 <i>Cribbage</i> 10-12 <i>Device Training</i> 11:00 <i>Millis EMT's Pizza &amp; Prevention</i>	24.  9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 <i>Fitness Room</i> 9:30-1 <i>Crafty Ladies</i>	25.  9-2 <i>Fitness Room</i> 10-11 Enhance Fitness
		30.  	31.  9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 <i>Fitness Room</i> 9:30-1 <i>Crafty Ladies</i>  1-3 Board Games with Debbie	
Kathy O'Neil COA Kitchen 508-376-7056  <i>Please call Kathy if you are interested in driving or helping in the kitchen.</i>		<div> <div> <b><u>Stretch &amp; Flow Yoga</u></b> </div> <div> <b>Friday at 9:30</b> </div> </div> <div>           Several levels of modification are given. Class is \$3.00.         </div> <div> <div> <b><u>Tai Chi with Tony Berg</u></b> </div> <div> <b>Tuesday's at 9:00</b> </div> </div> <div>           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.         </div> <div>           Class is \$3.00         </div>		

WEDNESDAY	THURSDAY	FRIDAY
SS	5.  9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 12:15 Super Bingo 11-1 Origami 1-3 Knitting	6  9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
SS	12.  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	13.  9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
SS	19.  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 Super Bingo 11-1 Origami 1-3 Knitting	20.  9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga  COA Closed at 11:30 for Volunteer Luncheon
SS	26.  8 Market Basket 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 12:15 Super Bingo	27.  9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
	May	

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

June 1st  
August 3rd  
October 5th & December 7th  
**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.  
Insurance payments may apply. Please check with your insurance

**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)

I know...I know.. more bad jokes... Sorry .... *Not Sorry*

What did one Easter egg say to the other? Heard any good yolks lately?

Why did the Easter egg hide? It was a little chicken.

What happens when you tell an egg a joke? They crack up.

Why do eggs go to school? To get egg-ducated.

What's a sleeping egg called? Eggs-hausted!

What day do Easter eggs hate the most? Fry-day.

Where do you find Easter eggs? From an eggplant!

Why should you never tickle an Easter egg? It might crack up!

Why do we paint eggs every year? Because it's easier than wallpaper.

What's an Easter egg from outer space called? An egg-stra-terrestrial.

Did you hear about the house infested with Easter eggs? They needed an eggs-terminator!

If a rooster laid an egg on top of a hill, which side would it roll down? Neither—roosters don't lay eggs!

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

*You're the best!!!*

**Dues were received from:** Robert & Louise Hebler, Patricia Burke, Helen Kubacki, Elizabeth Tolley, Mary Russo, Deborah Merritt, Madonna Leone, Ellen Fresh, Robert & Marianne Lejsek, Marilyn Carrara, Helen Humphrey, Siri Tapa & Sat Guru Khalsa, Janet Loop, Wendy Joseph

**Dues with extra donations were received from:** Pasquale Vaccaro, Bob, Barbara & Cathy Bryant, Eamon & Nancy Hogan, Nancy Tate, Jim & Judy Murphy, Barbara Larrivee, Eva Lyn, Malcolm & Deborah Gibson, Jim & Judy Murphy, Mark & Joanne Basham, Deb Whitney David & Arlene Doe, Barbara Mariotti, Carole Greco, Bob & Karen Mcoczka, Larry & Pamela Burstyn, Mike & Pam Kilmartin, William & Marguerite Casey, John & Shari Steadman, Joan Kelly, Charles & Catherine Carter, Lorraine & Michelle Lipsett & Patricia Lipsett-Wilson, James Obrien, Mary Cassidy

**Donations for the Van were received from:** Mary Russo, Siri Tapa & Sat Guru Khalsa, Janet Loop

**Donation in memory of Edith & Robert Greene received from:** Patricia Burke

**Donation in memory of Leo Larrivee received from:** Barbara Larrivee

**Donation in memory of Honey Whitney received from:** Deb Whitney

**Donation in memory of Bernard & Daniel Coffey received from:** Maureen DeMilla

**Donation in memory of Stephen Joseph received from:** Wendy Joseph

**Donation in memory of Linda OBrien received from:** James OBrien



***In Memory of:***

~ Daniel Coffey~ Janice Simpson~ Paul Howie~ C. John Greco~ Wheaton Arnold  
Holden Jr.



## 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

- May 12th at 2PM Council on Aging Room 18
- May 24th at 7PM Council on Aging Room 18
- June 7th at 2PM Millis Housing 310 Exchange St. Community Room
- June 22nd at 7PM Millis Library Roche Brothers Room 7pm



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