



The Millis Council on Aging **COAlition**

MARCH 2024 HAPPENINGS!

MILLIS COUNCIL ON AGING

PHONE
(508) 376-7051

www.millisma.gov/council-aging

Senior Center & Fitness Room Hours

Monday-Thursday

8:30 AM—4:00 PM

Friday 8:30 AM—12:30 PM

Veterans Memorial Building
Lower Level
900 Main Street
Millis, MA 02054

COUNCIL ON AGING STAFF

Director: Anne-Marie Gagnon, MSW
Outreach Coordinator: Lisa Kirby
Reception/Dispatch: Rochelle Bunt
Department Assistant: Andrew Lizardi
Drivers: Robert Daly, Herbert Lannon, Jr.,
Jack McBrien, Richard Posklsensky

Council on Aging Board Members

Chairperson: Meredith St. Sauveur
Vice Chair: Herbert Lannon, Jr.
Secretary/Treasurer: Elizabeth Derwin
HESSCO Representative: Elizabeth Derwin
Members: Joyce Boiardi, William Brown,
Helen Daly, Carol Maloof

The Millis Council on Aging (COA) is a welcoming community committed to maintaining the highest level of independence for older adults by providing opportunities for socialization, and educating on and improving the overall understanding of various community-based supportive services. The COA provides a monthly calendar of social activities, transportation for seniors and persons with disabilities, hosts the local HESSCO Home Delivered Meals program, offers referrals and information, and provides application assistance for the Fuel Assistance Program, SNAP, Housing, the Millis Fund, and various other federal, state and local assistance programs.

Together is our Favorite Place to Be

Greetings! When I started at the senior center six months ago, I noticed a sign on the wall that read "Together is our Favorite Place to Be" and as I've spoken to participants and observed the activities, I see the truth in this statement. From participants greeting each other by name, encouraging each other to engage in new and different activities, and actively seeking new friends and neighbors to visit the senior center, together IS the favorite place to be. With that in mind, I encourage you to review our calendar of offerings and think about stopping in to see what the senior center has to offer...from free coffee and baked goods...to exercise programs and fun and informative presentations....to group activities like bingo, cribbage, rummikub, sewing, and coming soon...mahjong. We look forward to seeing you!



Anne-Marie & Staff

Anne-Marie Gagnon, Director
Email: agagnon@millisma.gov

Reminder! Nominations due April 5 for the 2nd Annual *Lansing* *Millis Award* celebrating community service to seniors by seniors.

This award, in homage to our town's incorporator, Lansing Millis, and his entrepreneurship and community advocacy, acknowledges the contributions and selfless acts of kindness of a senior volunteer in our community, and is our town's highest recognition of a Millis senior resident for exemplary community service to fellow seniors. Nomination forms can be found on the Town website at www.millisma.gov/council-aging; at the Council on Aging, Town Clerk's Office and the Library. Nominations are due April 5 to the Council on Aging. The award will be presented at a Select Board meeting in May.



Seeking Cribbage Players!

Our Cribbage group plays Mondays and Fridays at 9:30 AM and is seeking more players. Just drop in. Beginners welcome too!

Mahjong in May!

We are starting a mahjong program in May on Wednesdays at 1:00 PM. New and experienced players are welcome. Guidance provided. Call (508) 376-7051 to be added to the interest list.

March 18

Special Bingo Event

March 19

St. Patrick's Day Party

March 26

Painting with artist Amy Adams

~ See More Details Inside! ~

UPCOMING EVENTS

EXPLORE ARCHAEOLOGY with Susan Steele

Archaeologists study the physical remains of the past as a path to understanding human culture. Join Susan Steele as she helps us delve into what archaeologists do, and learn about significant sites such as Pompeii, King Tut's Tomb and the Terra Cotta Army. This 12-week series runs until May.

Wednesdays: March 6, 13, 20, 27 and April 3, 10, 17, 24

Time: 11:00 AM-12:15 PM, Free.

NEW DAY! MUSIC MANIA



Lenny Forman returns with fun music and music trivia!

Thursdays: March 7, 14, 21, 28

Time: 10:00 AM, Free.

PIZZA and PREVENTION

Hosted by the Millis Fire Department

Join us as the Millis Fire Department discusses all things fire prevention to keep you and your loved ones safe at home.

Pizza will be served. Free.

Monday, March 25

Time: 11:00 AM

Pre-register by calling the Senior Center by March 20

NEW! TECH TIME!

Drop in with your device and bring your questions! Esther Davis of the Millis Public Library will be here to help with any problems with your smartphone, computer or laptop. Free.

Tuesday, March 5 and all first Tuesdays

Time: 12:00 PM

NEW! SEW and STITCH GROUP

Sewers, knitters and novices: join us as each week to work on a variety of special projects including Teddy Bears!

Materials, sewing machines, and guidance provided. Free.

Mondays: March 4, 11, 18, 25

Time: 1:00 PM-3:30 PM

OFFICE HOURS with Erin T. Underhill

Bring your questions to Select Board Member Erin Underhill's office hours on **Wednesday, March 13, 11:00 AM, Rm 206**

SPRING INTO BOOKS & THE 2024 MILLIS READS BOOK

Spring into books! Join retired librarian, Patsy Divver, in our new Library Lounge to learn more about this annual event. This year's book is "Eight Flavors: The Untold Story of American Cuisine"



by Sarah Lohman. Browse our collection and share favorites.

Wednesday, March 20 at 10:00 AM, Free

SPECIAL BINGO DAY!



Calling all Bingo fans! Girl Scout Troop #82362 will be calling all the lucky numbers at this special event. Pizza & Fun. Free!

Monday, March 18

Time: 2:00 PM-4:00 PM

Pre-register by calling the Senior Center by March 14

ST. PATRICK'S DAY PARTY—TUESDAY, MARCH 19



Wear your green and join us for lunch and a festive time! We'll be having a traditional boiled dinner of corned beef and cabbage with all the fixins, Irish soda bread, and dessert. Millis' Mike Tarara will be playing all of your favorite music!

Tuesday, March 19

Time: 11:30 AM

Cost: \$3.00

Call to pre-register (508) 376-7051 by March 12

PAINTING WITH AMY ADAMS

Join your friends for an afternoon of painting with local artist Amy Adams. Paints and canvas provided. All skill levels welcome. With thanks to the Millis Cultural Council for supporting this event. Free.

Tuesday, March 26

Time: 1:00 PM-3:00 PM

Call to pre-register (508) 376-7051 by March 20

LOOKING AHEAD!

—April 10: Frances Perkins: The Architect of Social Security by Janet Parnes, with thanks to the Millis Cultural Council

—April TBA: Celebration of Poetry

—May TBA: Mahjong at the Senior Center—call now to be added to the interest list (508) 376-7051

—May 10: Painting with Amy Adams, Session II, with thanks to the Millis Cultural Council

—May TBA: Older Americans Month Celebrations including a Senior Center Open House with a special Millis Then and Now presentation. —Trip to Castle Island on May 16!

GAMES

RUMMIKUB

Every Monday, 1:00 PM-3:00 PM

CRIBBAGE



Let's play cribbage! Come join our Cribbage group **every Monday or Friday from 9:30AM-12PM**. Instructors are available either day.

SUPER BINGO EVERY THURSDAY!



Held on **Thursdays at 12:15 PM** in room 21. The last pot is worth \$25. **Come and try your luck!**

Thank you Friends Group for supporting this!

WAYS TO KEEP FIT—5 Days a Week!

TAI CHI with Tony Berg



Focusing primarily on the therapeutic aspects of Tai Chi, and the martial art/self-defense and performance aspects secondary, this class will be practicing Yang style Tai Chi, which is the most popular of the five traditional schools of Tai Chi.

Tuesdays at 9:00 AM in the Gym

Cost: \$3 per class.

SEATED STRENGTH and BALANCE with Pearl Pressman



This seated class accommodates individuals of various fitness levels and abilities and can be adapted to meet individual needs. The class begins with a warm-up for both the joints and muscles, followed by strength training for all the major muscle groups of the body using hand weights and body weight, as well as a few minutes of standing balance exercises for those who are able.

Wednesdays at 2:00 PM in Room 18

Cost: \$3 per class.

New! DANCE FUSION with Scott Shuster



Dance Fusion you're getting your exercise and you hardly even know it because you're having so much fun dancing to great Pop & Funk music.

Thursdays at 9:00 AM in the Gym

Cost: \$3 per class.

STRETCH & FLOW YOGA with Holly Davenport



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.

Fridays at 9:30 AM in Room 18 (Room 130 starting 3/15)

Cost: \$3 per class.



PODIATRY VISITS

At this time, the podiatrist is not able to come to us, but please call them at Main Street Podiatry for a home visit or to schedule an office visit.

Main Street Podiatry, PC

730 Main Street Suite 1D

Millis, MA 02054

(P) 508-533-3500

BLOOD PRESSURE CHECKS



Visit the Senior Center to have your blood pressure checked by our volunteer nurse.

Thursdays from 11-11:30 AM, Free

MILLIS COA FITNESS ROOM



Bring a friend and check out our fitness room with treadmills, bikes, elliptical, and 7 piece hydraulic circuit training station at the Senior Center. Thanks to the Friends of the Millis COA, the annual fee for Millis residents is now only \$50, and \$100 for non-Millis participants. Info: (508) 376-7051.

SENIOR WATER AEROBICS at Kingsbury Club

\$5 per visit. COA members to present their Millis COA key tag at entry. Call the Kingsbury Club, Medfield, (508) 359-7800 for more information, days and times.

YMCA ENHANCE FITNESS



It's Back! YMCA ENHANCE FITNESS is a physical activity program comprised of three one-hour sessions per week. The classes are designed to safely increase participants' fitness levels through aerobic and strength training exercises.

This program started January 8 for 16 weeks: every Monday, Wednesday & Friday at 9AM in the gym, and there is still time to join!

Cost: \$125, payable to the Friends of the Millis COA, and reimbursable by most insurance companies.

SNOW POLICY

If the Millis Public Schools are Closed, any programs, classes, events and transportation services are cancelled, but staff will still be available to answer your questions by phone or email. Should the schools have a Delay, please call the Senior Center before coming over, as your activity may be cancelled per instructor discretion. Stay safe when driving or shoveling. (508) 376-7051



WEEKLY MEET-UPS

CRAFTY LADIES

Tuesdays, March 5, 12, 19, 26

Time: 9:30 AM

NEEDLEWORKERS GROUP

Working on a needlework project but would like to do so with others? Bring your project. All are welcome.

Thursdays: March 7, 14, 21, 28

FOOD RESOURCES



Questions about Your Meal Delivery?

Call: (508) 376-7056

NEW! THURSDAY BREAKFAST PROGRAM by HESSCO

At the Millis Senior Center, start your Thursday right with a delicious and nutritious breakfast.

Menu includes:

Yogurt, Fruit Crunch Bar, Snack-n-Loaf Fruity Muffin,
Chilled Fruit, Orange Juice and Milk.

Suggested donation of \$3 appreciated but not required.

THURSDAY GRAB-N-GO LUNCH at the Senior Center

Each Thursday from 11:15 AM–Noon, HESSCO offers a small packed cold Lunch at the Millis Senior Center. Items include: a sandwich, side, salad, dessert and water.

Week 1: Chicken Salad

Week 2: Turkey and Cheese

Week 3: Seafood Salad

Week 4: Ham and Cheese

Week 5: Tuna Salad.

Call (508) 376-7056 by Noon the Friday before and then stop by on Thursday to pick it up.

Suggested donation of \$3 appreciated but not required.

MEALS ON WHEELS



Managed by HESSCO Elder Services, hot noon-time meals are delivered to homebound seniors Monday–Friday. Call HESSCO at (781) 784-4944 for information. If you would like to become a driver for the program, call HESSCO at (781) 784-4944.

TRANSPORTATION

SENIOR VAN SCHEDULE FOR MILLIS RESIDENTS

Monday-Thursday 8AM-3PM & Friday 8AM-1PM

PLEASE CALL ROCHELLE: (508) 376-7051

Medical Appointments: We have 2 accessible vans and one standard sedan vehicle that provide transportation for our Millis seniors and those with disabilities.

Grocery Shopping: To Bellingham Market Basket and Walmart at 8AM. **March 14 and 28**

All passengers must manage their own shopping bags from the vehicles to their home doors. Drivers provide LIMITED assistance. Please be aware that we cannot provide repetitive trips. Medical appointments take priority over all other trips.

MILLIS ECUMENICAL FOOD PANTRY



The Food Pantry is open to all Millis residents and is housed in the Church of Christ, 142 Exchange Street. The Food Pantry is open every Saturday from 10 AM–Noon and the first and third Wednesdays of each month from 10 AM–Noon. Call (508) 376-5034 for more information.

DAILY BREADS and BAGELS...DONUTS TOO!

Every Morning: Stop by the Senior Center in the morning, enjoy a cup of coffee and see what we have received from our generous partners: Country Kitchen, Shaw's, and Blue Moon. Items are just a day past, and are free. Each day is different and always delicious!

LOVIN' SPOONFULS at the SENIOR CENTER

The largest food rescue program in New England delivers healthy fresh, and frozen food to the Senior Center and it is distributed every **Tuesday at approximately 10:00 AM**. Items are free.

Dates: Tuesdays: March 5, 12, 19, 26



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 March 2024				MARCH 1
On behalf of the Council on Aging Board and the Friends of the COA, Thank You for participating in our programs!	MILLIS COUNCIL ON AGING 900 MAIN STREET Lower Level MILLIS, MA 02054 (508) 376-7051	SENIOR CENTER & FITNESS ROOM HOURS M/T/W/TH 8:30 AM-4 PM Fr 8:30 AM-12:30 PM	Don't forget to Nominate a Millis friend or neighbor, age 60 or older, for the "Lansing Millis Award" in honor of exceptional senior volunteer In service to seniors in our town. Call the Senior Center for more information. <u>Nominations due April 5.</u> Thank you!	9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
4 9-4 Fitness Room 9:00 Canceled-Enhance Fitness 9:30 Cribbage 1-3 RUMMIKUB 1:00 Sew & Stitch	5 Voting Today! Presidential Primary 9-4 Fitness Room 9:00 Tai Chi (Library) 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies 12:00 Tech Time	6 9-4 Fitness Room 9:00 Canceled-Enhance Fitness 11:00 Explore with Susan 1:00 Pond Ladies 2:00 Seated Strength	7 9-2 Fitness Room 9:00 Dance Fusion 10:00 SHINE appts. 10:00 MUSIC MANIA 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo	8 9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
11 9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 1-3 RUMMIKUB 1:00 Sew & Stitch	12 9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 10:00 FRIENDS MEETING 9:30-12 Crafty Ladies	13 9-4 Fitness Room 9:00 Enhance Fitness 11:00 Explore with Susan 11:00 Office Hours with SB Erin Underhill (Room 206) 1:00 Pond Ladies 2:00 Seated Strength	14 8:00 Market Basket Trip 9-2 Fitness Room 9:00 Dance Fusion 9:00 COA BOARD MEETING 10:30 MUSIC MANIA 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo	15 9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
18 9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 1-3 RUMMIKUB 1:00 Sew & Stitch 2:00 SPECIAL BINGO!	19 9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies 11:30 ST PATRICK'S DAY PARTY!	20 9-4 Fitness Room 9:00 Enhance Fitness 10:00 Spring Into Books! 11:00 Explore with Susan 1:00 Pond Ladies 2:00 Seated Strength	21 9-2 Fitness Room 9:00 Dance Fusion 10:00 MUSIC MANIA 10-1 SHINE Appts 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo	22 9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
25 9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 10:30 Memory Café (pg. 6) 11:00 Pizza & Prevention 1-3 RUMMIKUB 1:00 Sew & Stitch	26 9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies 1:00 Painting Class!	27 9-4 Fitness Room 9:00 Enhance Fitness 11:00 Explore with Susan 1:00 Pond Ladies 2:00 Seated Strength	28 8:00 Market Basket Trip 9-2 Fitness Room 9:00 Dance Fusion 10:00 MUSIC MANIA 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo	29 9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga



Are you a retired postal employee? Keep an eye on your mailbox for notification of a PSHB SEP Starting in April 2024.

The Postal Service Health Benefits (PSHB) Program is a new, separate program within the Federal

Employees Health Benefits (FEHB) Program, administered by the Office of Personnel Management (OPM), which will provide health insurance to eligible Postal Service employees, Postal Service annuitants, and their eligible family members starting in 2025.

The PSHB Program coverage will replace Federal Employees Health Benefit (FEHB) Program coverage for these groups. If annuitants are entitled to Medicare Part A (typically at age 65) prior to January 1, 2024, and have not enrolled in Medicare Part B, they and their covered, eligible family members may be able to participate in the PSHB special enrollment period for Medicare Part B that starts on April 1, 2024, and ends on September 30, 2024.

This PSHB SEP is a one-time event and will not be offered again. USPS will be mailing annuitants postcards if they qualify for the PSHB SEP.

SHINE (Serving Health Insurance Needs of Everyone – on Medicare) offers free counseling sessions on Medicare options at the Millis Senior Center by appointment.

SHINE Counselor Brian Murphy will be at the Millis Senior Center on March 7 and 21.

Call the Millis Senior Center at (508) 376-7051 for more information and to make an appointment.

MILLIS MEMORY CAFE



The Millis Public Library hosts our local Memory Café, a welcoming place for individuals and families living with memory changes. Each café features a guest musician or artist, conversation, and refreshments. Call the library at (508) 376-8282 for more information.

Dates: Monday, March 25

Time: 10:30 AM—Noon at the Library

OUTREACH CORNER

Contact Lisa Kirby
(508) 376-7051
LKirby@millisma.gov



Need Help Buying Groceries?

SNAP (Supplemental Nutritional Assistance Program, formerly Food Stamps) can help. Call Outreach Coordinator, Lisa Kirby, for income and eligibility criteria.

Fuel Assistance with SMOC

If you participated in the program last year and **have not** received your blue re-enrollment form, please call our Outreach Coordinator, Lisa Kirby for help. If you would like to learn more about the program, contact Lisa for eligibility criteria and application assistance.

Housing Application Assistance (CHAMP)

Moving to public housing can be a long process, so plan accordingly and early. If you are considering applying, feel free to call our Outreach Coordinator, Lisa Kirby, for information and assistance.

Legal Services

The Millis Council on Aging can connect you with attorneys who can help with estate planning, wills, housing and other issues. Call Outreach Coordinator, Lisa Kirby, for referrals.

The “Are You OK?” Program

This program is a daily telephone reassurance program offered by the Norfolk County Sheriff’s Office in partnership with Fallon Ambulance. Each morning, enrollees receive a call to check on their well-being. If an individual fails to respond or needs assistance, they will notify family or police and/or emergency services. This is a free service. To learn more, call 866-900-7865.

Need a Walker, Shower Chair or Other Equipment?

The Senior Center has pre-owned items for loan. Call the Senior Center at (508) 376-7051 for more information and to see what’s available.

You Can Help Prevent Elder Abuse and Neglect

Report it! Elder abuse includes not only physical, sexual, and emotional abuse, but financial exploitation, caretaker neglect, and self-neglect as well. If you or someone you know is experiencing such distress, call (800) 922-2275 in confidence, or report it online at www.mass.gov/reporting-elder-abuse-neglect. All reports are investigated by MA Dept. of Elder Protective Services to insure the well-being of our community members. Thank you.

THANK YOU FROM THE FRIENDS! YOUR SUPPORT MAKES A DIFFERENCE

Friends of the Millis Council on Aging

President: Steve Howie
Vice President: Wayne Carlson
Secretary: Kristi Christman
Treasurer: Brooks Corl
Members: Ruth Doliner
Lenny Forman
Helen Humphrey
Ed Koman
Susan Steele

CANDY'S CORNER UPDATE

Thank you to everyone who donates small decorative items, greeting cards, costume jewelry and other trinkets to our Candy's Corner shop, now located in our coffee room. Funds received from purchases are directed to the Friends of the Millis Council on Aging who then help to support many of the programs and exercise classes at the Senior Center.

THE FRIENDS ARE SEEKING BOARD MEMBERS

Have an interest in raising funds and awareness about the Council on Aging? Please contact Kristi Christman at (508) 577-8856. Thank you!



Many thanks to those who support Millis Council on Aging activities through donations and voluntary dues to the Friends of the Millis Council on Aging, and contributions to Candy's Corner.

Anonymous ~ James & Catherine Gale ~ John Bering ~ Loring Barnes ~ Michael Edmonds ~ Mary Ann Metrakas ~ Cynthia Brown ~ Brooks Corl ~ Mike & Chris Murphy ~ Nicholas & Diane Foundas ~ Pam Gallo ~ Beverly & Edgar Fagerheim ~ Robert & Constance Harvey ~ John & Janet Howie ~ Marie Murphy ~ Lorraine Fermano ~ Carole Cody ~ Wayne & Michelle Pitts ~ Frank & Ilene Hamm ~ Karen O'Connell ~ Nancy Croeber ~ Marcia Carini ~ Jay Cronin ~ Bruce & Bonnie Gilman ~ Patrick McKenny ~ Mary Ferber ~ Ronald Peiler ~ Stanley & Annamarie Roskey ~ Carol & Richard Leach ~ Ellen Fresh ~ Peter & Marianne Shea ~ Mary Ann Nowak ~ Gwen Marr ~ Patricia Yetman ~ Mary Lou Thie ~ In memory of Marge & Gene Hunt by Patricia & James Gilmartin ~ In memory of Warren Champagne by Linda & Jackie Champagne ~ In memory of Ara Demurjian by Anna Demurjian ~ In memory of David A. Thorne by Herbert & Kathleen Lannon ~ In celebration of the Millis Council on Aging by Daniel & Agnes Lee



In Memory

Veronique Medina ~ Katherine E. Mulligan ~ Clayton Balcom ~ Marcia Bennett ~
Louisa Santos ~ Ernestine D. Vaccaro ~ Eduardo Aguila



Where Can I Find a Newsletter?

Newsletters can be mailed to your home upon request, or picked up at the Senior Center, Library, and Town Hall.

If you would like to receive it **via email** each month, please go to the Town website and E-subscribe for Senior Center newsletters.

www.millisma.gov/subscribe

For More Information

Follow us on Facebook
www.facebook.com/milliscouncilonaging



Find COA services and program information on the Town website:
www.millisma.gov/council-aging



Millis Fire Department presents

PIZZA & PREVENTION

Millis Senior Center

Nov. 29th Mar. 25th

Dec. 18th Apr. 29th

Jan. 29th May 20th

Feb. 26th June 17th

Select Mondays at 11am



Senior
SAFE

This newsletter is brought to you by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of the Millis Council on Aging.

Thank you.

Why should I donate to the Friends of the COA?

- ♦ The purpose of The Friends of the Millis COA, Inc. is to help raise funds for the Senior Center by purchasing and donating items or providing for program expenses above and beyond what the town or the Commonwealth provides.
- ♦ All money raised is used for senior programs and activities for 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! Your donation goes a long way in supporting our Senior Community. Thank you!

SUGGESTED DUES \$6/INDIVIDUAL PER YEAR

Please make your check payable to the Friends of the Millis COA, 900 Main Street, Millis, MA 02054

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: _____

In addition, your Tax Deductible Gift to the Friends of the Millis COA Fits All Occasions

Your Name: _____

Address: _____

Donation Amount: \$ _____

Select One: In Memory Of: In Honor Of: In Celebration Of:

Friends of the Millis Council on Aging
900 Main Street
Millis, MA 02054

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Millis, MA
PERMIT NO. 17

March 2024

Look inside for
Assistance
with
SmartPhones
and
Computers,
Lunch to
celebrate Saint
Patrick's Day,
Pizza and Fire
Prevention
and More!



See you at the
Senior
Center!