

VOLUME 24
ISSUE 9

NOVEMBER
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
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:

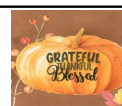
David P. Linsky 617- 722-2575
Shawn Dooley: 617-722-2810
Senator, Rebecca Rausch: 617- 722-1555

Select Board

Chair- Erin Underhill etunderhill@millisma.gov Vice Chair-Craig Schultze:
cschultze@millisma.gov Clerk- Ellen Rosenfeld : erosenfeld@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.

Thanksgiving Feast Bossy's Catering will be serving up a wonderful Thanksgiving Day meal on **Monday, November 14th at 1:00**. We will be having a full course meal with all the fixings. Please make a reservation and payment of \$7.00 before Tuesday, November 8th.



The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents. Medicare Open Enrollment ends on December 7th. This is the last time for you to review your options and compare rates to make sure your getting the best deal possible. SHINE Worker, Brian Murphy will be here at the Center to review your plan. Please call the Center for a sit down meeting with Brian. We will also have forms that we can email or mail to you to make the process go more smoothly.

Line Dancing with Jeanne Thompson is back. Come join us and dance again. Kick up those feet and get back in the groove of eclectic dancing. Music by Credence Clearwater, The Mamma & Pappas, and Bette Midler. And from the classics "The Bolero", Riverdance, and the movie "Mamma Mia". Come kick up your feet with Jeanne and the crew. All are welcomed to join in the fun. Jeanne will be here **every Thursday from 9:00-10:00**. Sign ups are appreciated.



Pizza and Prevention with MFD Monday, November 28th at 11 Otis will be here with pizza and talking about the Millis Fire Department Senior Safe Program. Reservations are appreciated.

Join Police Chief Soffayer and Amy Leone, MS,MA,LMHC our Town Social Worker on **Monday, November 7 at 1pm**. Learn more about the Social Work Position, the resources Amy could provide and the work she has been doing with the Millis Police Department and our Town. Bring your ideas and concerns to help her develop her goals for the next six months. Reservations are welcomed but not necessary. Coffee and baked goods will be served.

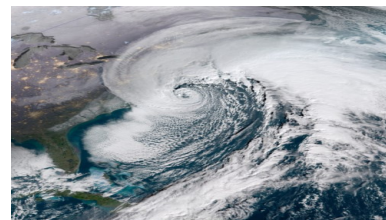
The Millis Memory Café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. Cafés are a place to talk with others who understand what you are going through, to put limitations aside and instead focus on strengths, to enjoy other's company, and to explore something new. Each Café event will feature guest artists and entertainers as well as time for socializing. Refreshments will be provided. This program is free of charge and does not require registration. The Memory Café will be held at the Millis Public Library in the Roche Brothers Community Room. It will generally be held the 4th Monday of each month from 10:30 am - 12:00 noon. Anyone with questions should not hesitate to contact Kim Tolson at ktolson@minlib.net or 508-376-8282.



FREE RIDES TO THE NOVEMBER 10th TOWN FALL MEETING FOR ALL SENIORS. PLEASE GIVE US AT LEAST 48 HOURS NOTICE AS WE HAVE TO BOOK DRIVERS.



THUNDERSTORMS, FLASH FLOODS, HURRICANES, BLIZZARDS AND TORNADOS, OH MY! Join us for a Great Course on The Science of Extreme Weather. Tour the world's wildest weather and learn how to protect yourself from it - with a storm chasing, prize winning meteorologist. Eric Snodgrass is the Director of Undergraduate Studies for the Department of Atmospheric Science at the University of Illinois. Learn about global weather patterns and the influences of geological features on land and ocean currents on weather. All of these factors interact with incredible complexity to produce the weather necessary for life on earth. There are 24 lectures and we will view 2 per week. Sessions will be held on **Wednesdays from 11AM-12:15PM on November 2nd, 9th, 16th & 23rd**. Hosted by Susan Steele. Sign-ups are appreciated.



SELECT BOARD MEMBER ERIN UNDERHILL has office hours in room 206 of the Town Hall: Wednesday, November 9 and Tuesday, November 29 at 11am. Please stop in to discuss any issues or concerns that you may have.

BOXING WITH AMY GAGNE This 30-minute boxing workout designed for seniors who want to keep their bodies & minds strong. Boxing workouts are especially beneficial for 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 Thursday from 11-11:30PM** in room 18. Cost is \$3 per class for Millis residents and \$5 for out of towners. **Thank you to our Friends group for supporting this class.*

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 9:30AM**. The cost is 3.00.

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 9AM**. Classes are \$3.00 per class.

NEEDLE WORKERS GROUP Come meet some new and old friends as you help each other with needleworking projects on the **first and third Thursday of every month from 1PM-3PM**. Needle pointers, knitters, crocheters, quilters and embroiderers are all welcome. Carol Goldstein will assist with explaining knitting patterns. Come and share your talents.

BOARD GAMES WITH DEBBIE This has been a great success. Debbie will be hosting on **third Monday of the month from 1PM-3PM**. Come on down and enjoy some friendly competition with your neighbors.

NANEK'S KITCHEN FOOD BAGS 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.*

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

CRIBBAGE Have you ever thought that you may like to learn how to play cribbage? Come join our Cribbage group **every Monday or Friday from 9:30AM-12PM**. Instructors are available either day. Everyone is welcome! It's a great group of people.

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

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 508-376-7051 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



Julie Chisholm for the Candy's Corner items~ Michelle Murphy for the fabric~ Pat Grennon for the wheelchair~ Janice and Bob McCoy for the coffee~ Barry Gallagher for the Candy's Corner items~ Janet O'Keefe for the crafty Lady supplies



STILL LOOKING Seeking volunteers to assist 2 hours per month folding and attaching labels to our newsletter. The time commitment is only 2 hours per month.

LOOKING FOR MEMBERS FOR OUR FRIENDS BOARD. MINIMAL TIME COMMITMENT.
FRIENDS SECRETARY NEEDED ASAP

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 & Thursdays 9-AM-2PM

The holidays are quickly approaching. Will you be home alone? Would you like a Thanksgiving or Christmas dinner delivered to your house? If yes, please call me to have your name placed on the list. The meals are provided through Hessco's Meals on Wheels program.

Do you need additional food for the holidays or in general? The Millis Ecumenical Food Pantry, located on the bottom floor of the Church of Christ, 142 Exchange Street, provides food to the community. 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; website: www.millisfoodpantry.com. ***The senior van will be giving rides from Millis Housing to the Food Pantry on the first and third Wednesday of the month at 10:30AM.***

Project Just Because, located at 109 South Street in Hopkinton, provides a free grocery store to all Massachusetts residents including gluten free products, free farm fresh produce at its farmer's market, new and gently used clothing for adults and children, and a thrift store. You can shop at the grocery store weekly and it is open Monday/Tuesday/Thursday from 9:30 AM - 3:30 PM and Wednesday from 9:30 AM - 6:30 PM. Website: www.projectjustbecause.org.

A Place to Turn, located at 99 Hartford Street in Natick, is an emergency food pantry and has a diaper project. Food distribution is on Tuesday/Thursday from 9:30 AM - 12:30 PM and Wednesday from 4:30 PM - 6:30 PM. Website: www.aplacetoturn-natick.org.

Senior Van Schedule

Monday thru Thursday
Medical appointments available 8AM-2PM
Friday 8AM-1PM

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

Fees are waived for Veterans

Transportation to Medical Appointments We have 2 hand-capped equipped vans and one standard vehicle that provide transportation for our Millis seniors and disabled. 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 8AM (\$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.

The senior van provided rides from Millis Housing to the Millis Food Pantry on the **first and third Wednesday every month at 10:30AM**. 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
Bread and pastry available every day. Courtesy of Blue Moon Bakery, Roche Bros, Shaws and Country Kitchen			1. 10 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 Crafty Ladies	2. 9-4 Fitness Room 10-11: YMCA I 11-12:15 WE
MONDAY 9- 4 ~ <i>Fitness Room</i> 9:00 ~ <i>Enhance Fitness</i> 9:30 ~Cribbage		7. 9-4 Fitness Room NO YMCA Enhanced Fitness 9:30 Cribbage 10-12 Device Training 1:00 Social Worker Amy Leone & Chief Soffayer	8. 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 Crafty Ladies	9. 9-4 Fitness Room NO YMCA Enh 11-12:15 WE
TUESDAY 10~ Nanak's Kitchen Food Relief Program (Day may vary please call) 9-10 ~ <i>Tai Chi with Tony</i> 9-4 ~ <i>Fitness Room</i> 9:30 -1 ~ <i>Crafty Ladies</i> 10-11~ Swimming Wrentham Pool (508) 384-6735 Peter		14. 9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 10-12 Device Training 1:00 Thanksgiving Day Feast	15. 10 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 Crafty Ladies	16. 9-4 Fitness Room 10 Friends M 10-11: YMCA I 11-12:15 WE
WEDNESDAY 9-4 ~ <i>Fitness Room</i> 10:00 ~ <i>Enhance Fitness</i> 2-3~ Swimming Wrentham Pool (508) 384-6735 Peter		21. 9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 10-12 Device Training 1-3 BOARD GAMES WITH DEBBIE	22. 10 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9:30-1 Crafty Ladies 9-10 Tai Chi with Tony	23. 9-4 Fitness Room 10-11 YMCA E No WEATHER
THURSDAY 8:00~ 2nd & 4th Grocery Shopping 9-4 <i>Fitness Room</i> 9-10 <i>Line Dancing</i> 10-1 ~ 1st & 3rd Thursday~ Shine (Days may vary) Please call 11:00- 11:30~ Blood Pressure Clinic 11-12~ 2nd Thursday only~ Legal Consultations 11:15-12 Grab and Go Lunch 12:15~ Super Bingo 1-1:30 Boxing 1-3 ~ 1st & 3rd Thursday~ Knitting		28. 9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 10-12 Device Training	29. 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 Crafty Ladies	30. 9-4 Fitness Room 10-11: YMCA I 11-12:15 WE
FRIDAY 9-12:30 ~ <i>Fitness Room</i> 9:00~ <i>Enhance Fitness</i> 9:30~ Stretch & Flow Yoga 9:30 ~Cribbage 10-11~ Swimming Wrentham Pool (508) 384-6735 Peter		Stretch & Flow Yoga Fridays at 9:30AM Several levels of modification are given. Class is \$3.00.		
MEDFIELD'S KINGSBURY CLUB SENIOR SWIM PROGRAM is open to Millis COA members. The Kingsbury Club is offering two times a week when just seniors use the pool, Tuesdays 10AM-11AM and Fridays 10AM-11AM . The fee is \$5 per visit. COA members will have to present their COA key tag that indicates they are a member of the COA when entering the club.		Tai Chi with Tony Berg Tuesdays at 9:00 AM 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.		
Kathy O'Neil COA Kitchen 508-376-7056 <i>Please call Kathy if you are interested in driving Meals on Wheels</i>				

WEDNESDAY	THURSDAY	FRIDAY
<p>om</p> <p>ENHANCE FITNESS</p> <p>ATHER</p>	<p>3.</p> <p>9-10 <i>Line Dancing</i></p> <p>9-4 Fitness Room</p> <p>10-1 <i>SHINE</i></p> <p>11-11:30 Blood Pressure</p> <p>11:15-12 Grab and Go Lunch</p> <p>11-11:30 <i>Boxing</i></p> <p>12:15 Super Bingo</p> <p>1-3 Knitting</p>	<p>4.</p> <p>9-12:30 Fitness Room</p> <p>9-10: YMCA Enhance Fitness</p> <p>9:30 Cribbage</p> <p>9:30 Stretch & Flow Yoga</p>
<p>om</p> <p>anced Fitness</p> <p>ATHER</p>	<p>10.</p> <p>8 <i>Market Basket</i></p> <p>9-10 <i>Line Dancing</i></p> <p>9 COA Board Meeting</p> <p>9-4 Fitness Room</p> <p>11 <i>Real Estate Trusts</i></p> <p>11-11:30 Blood Pressure</p> <p>11:15-12 Grab and Go Lunch</p> <p>11-11:30 <i>Boxing</i></p> <p>12:15 Super Bingo</p>	<p>11.</p> 
<p>om</p> <p>Meeting</p> <p>Enhanced Fitness</p> <p>ATHER</p>	<p>17.</p> <p>9-4 Fitness Room</p> <p>9-10 <i>Line Dancing</i></p> <p>10-1 <i>SHINE</i></p> <p>11-11:30 Blood Pressure</p> <p>11:15-12 Grab and Go Lunch</p> <p>11-11:30 <i>Boxing</i></p> <p>12:15 Super Bingo</p> <p>1-3 Knitting</p>	<p>18.</p> <p>9-12:30 Fitness Room</p> <p>9-10: YMCA Enhance Fitness</p> <p>9:30 Cribbage</p> <p>9:30 Stretch & Flow Yoga</p>
<p>om</p> <p>Enhanced Fitness</p> <p>ER</p>	<p>24.</p> 	<p>25.</p>
<p>om</p> <p>Enhanced Fitness</p> <p>ATHER</p>		

	<p>Main Street Podiatry at the Center from 9AM-11AM</p> <p>December 21st</p> <p>Pre registration for appointments will be required.</p> <p>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 company.</p>
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<p>Transportation 508-376-7051 9AM -1PM Rochelle Bunt Transportation Available</p> <p>Monday-Thursday 8AM-2PM and Friday 8AM-12:30PM</p> <p>Please call at least 2 days in advance for local trips. Boston bound trips require 3-4 days in advance.</p> <p>Medical trips take precedent over all other trips.</p>
 <p>BECOME A LIAISON FOR YOUR COMMUNITY</p> <p>From HESSCO Elder Services</p> <p><i>We are looking for a Community Director from Millis for the HESSCO Board of Directors.</i></p> <p><i>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.</i></p> <p><i>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.</i></p> <p><i>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.</i></p> <p><i>If interested please call Patty @ 508-376-7051</i></p>

 <p>SUPER Bingo Madness</p> <p>Every Thursday from 12:15PM- 2:30PM.</p> <p>Super Bingo is now every week!</p> <p>The last pot is worth \$25</p> <p>Come and try your luck!</p>



TRIPS



Unfortunately, we have had to cancel every trip we planned this year. Donna is working on a new schedule for the upcoming year. Please let staff know if there are trips you are interested in and she will do her best to make sure that it happens.

For now, please stop in and check the board near the kitchen to see what other towns are offering.

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*



Millis Fire Department is handing out free smoke alarms while supplies last at the Fire Department, 885 Main Street, Millis. Alarms should be replaced if more than 10 years old.

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.

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)



My family told me to stop telling Thanksgiving jokes, but I said I couldn't quit cold turkey.

Let's get basted.

I just met you, and this is gravy, but here's my stuffing, so carve me maybe.

Stop, drop, and pass the rolls!

Oh my gourd, I'm stuffed.

I only have pies for you.

Will I eat leftovers for a week? I cran, and I will.

This stuffing is the tur-key to my heart.

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

You're the best!!!

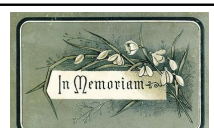
Dues were received from: ~ Judith Ackerman

Dues with extra donations were received from: Fred & Denise Maas ~ Elaine Donovan ~ John & Amy Larkin ~ Balder Khalsa ~ Charles & Leslee Hodgman ~ Ray & Theresa Boggs ~ Theodore & Luella Burbank ~ Wayne & Michelle Pitts ~ Francis & Nancy Porter III

Donations for the Center were received from: Mary Alexander



***In Memory of:
Paul Merritt ~ Francis Spellman ~ Michael Dwyer***



A warm, bright, inviting space where Seniors can gather to socialize, and participate in programs to improve emotional, intellectual, and physical wellness. Available to all residents when the Senior Center is not open.

A drop-off space for residents facing cognitive decline offering stimulation, compassion, and companionship.

Outdoor space offering walking trails, games, and recreational activities; a gathering spot the entire Town can enjoy.

Cassidy Farm

★ The perfect setting offering an optimal combination of indoor and outdoor space

★ Possibility of revenue-generating enterprises such as day-care, physical therapy, and other services for all Millis residents



★ Outdoor expansion may include tennis, pickleball, basketball, shuffleboard or other activities the entire town can enjoy

★ Ample parking, and right across the street from Oak Grove Farm

This isn't just a vote just for Seniors, it's for everyone taking care of a Senior.

Now is the Time

Vote YES at the November 10th Town Meeting
Support our Seniors

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

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Please visit our Face Book page at :

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

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