

VOLUME 24  
ISSUE 7

SEPTEMBER  
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

**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 while building a sense of community and social connectedness among class members. Enhance Fitness has been proven to increase participants' strength, balance, flexibility, mood, general activity level, and independence when they attend on a regular basis. The program is beneficial for older adults in general but has been deemed particularly safe and effective for older adults living with arthritis. The group will meet **every Monday & Friday at 9AM and Wednesday at 10:00AM** in the gym. We will be offering **FREE trial days on Wednesday September 14th at 10AM and Friday September 16th at 9AM**. The official class will start on **Monday September 19th from 9AM-10AM**. The 16 week course is \$125, payable to the Friends of Millis COA and reimbursable by *most* insurance companies. Come give it a try. It has been one of our most successful exercise programs to date.

**THUNDERSTORMS, FLASH FLOODS, HURRICANES, BLIZZARDS AND TORNADOS, OH MY!** Everyone talks about the weather, but no one does anything about it! 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 September 7, 14, 28 and October 5, 12, 19, 26** - further sessions to be announced. Hosted by Susan Steele. Sign-ups are appreciated.



**THE BIG DIG** Great Projects Join us as The Building of America and Discovery Channel University document the building of the most expensive highway project in American history. These documentaries chronicle the largest civil engineering project in modern history, the re-routing of I-93 and I-90 underground. Hosted by Janice McCoy, who worked on the Project! **Wednesday, September 21st at 2PM-4PM.**

**WELCOME BACK BBQ** with the Millis Fire Department Come celebrate fall with the Millis Fire Department cooking up burgers and hotdogs and we will have potato and macaroni salad and ice cream sundaes on **Tuesday, September 20th at 12PM** at the Council on Aging. *Reservations are required by Thursday September 15th in room 18*

**Millis Police** to discuss the latest scams at the Center on **Monday, September 12 at 11**. Every year, roughly 7 million adults 65 and older fall victim to senior scams. The best way to avoid losing money or confidential information to a scammer is by learning to recognize the different types of fraud and when you may be the target. Please join us in room 18

**Protection from Tickborne Illnesses** Do you know how to protect yourself from tickborne illnesses? Did you know that there are other diseases besides Lyme disease that you can contract from a tick bite? Come learn how to prevent tick bites, removal of ticks from skin, and signs and symptoms of tickborne diseases. Hosted by the Millis Health Department on **Thursday, September 15th at 11:30 in room 19.**

**Real Estate Trusts** Have people told you that you need to put your home in trust but you don't really understand what that means? Here's your chance! On **September 8, 2022, at 11a.m.**, Nicole Riley, Esq. will offer an information session discussing the benefits of a real estate trust. If you are interested in proceeding with a trust, Nicole Riley, Esq. and Beth Murphy, Esq. will gather the information needed to draft a real estate trust and all necessary accompanying documents on October 13, 2022 at 11a.m. Finally, on November 10, 2022 at 11a.m., Nicole Riley, Esq. and Beth Murphy, Esq. will execute the trust and accompanying documents for filing.

**Memorial Service at Church of Christ** We will be memorializing Millis seniors who have passed in the last year on **Friday, September 16th at 10:00** at the Church of Christ. Refreshments will be served so please let us know if you will be attending so we can plan accordingly.



**STATE REP OFFICE HOURS** Stephanie Gray, Constituent Services Representative from the Office of Congressman Auchincloss, will be holding Office Hours at the Millis Council on Aging on **Wednesday September 28th, 11AM-1PM**. You can bring your concerns and/or casework requests **relating to any federal agency**, including Social Security, Medicare/Medicaid, Veteran's Affairs, Housing, Health and Human Services, Department of Defense, Internal Revenue Service, the US Postal Service, Small Business Association, Passports, or Immigration. Walk-ins are welcome, appointments are encouraged. Room 19

Big welcome to Millis' first contracted social worker, Amy Leone, MS, MA, LMHC, CYT. She is able to provide resources and referrals for mental health, substance abuse and public health education to town residents of all ages. Amy is a great resource. If you, a family member or a friend may need her services please reach out to the Center for a referral.

**SELECT BOARD MEMBER ERIN UNDERHILL** has office hours in room 206 of the Town Hall: Wednesday, September 7th & 20th from 10:00am-11:00am Please stop in to discuss any issues or concerns that you may have.

**BOXING WITH AMY GAGNE** This 45-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 Wednesday from 1PM-1:45PM** 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.*

Barry Gallagher for the Candy's Corner items~ Eleanor Gilroy for the books and jewelry~ Meg McLeary for the printer~ Barbara Butler for the Candy's Corner items ~ Claire Gorman for the exercise equipment ~ Joan Shea for the dish towels~ Janet O'Keefe for the Crafty Lady supplies~ Janice McCoy for the perfumes~ Karen Pizzi for the walker~ Barbara Butler for the beach bag



**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. SECRETARY NEEDED ASAP**

### ***Outreach Worker ~ Debbie Sand***

***Monday ~ Tuesday~ Wednesday 9AM-4PM***

Welcome to Fall! I hope everyone enjoyed the hot days of summer. As we move into cooler weather, it is time to start thinking about heating our houses. Residents that received fuel assistance last year should have received or should be receiving shortly a renewal application from SMOC. New applications are available at the Council on Aging. Please remember that you need to submit new documentation with the application. I can provide you with a list of documents to submit. In addition, if you would like help filling out the application, please call to set up an appointment.

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole" If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. Prescription Advantage can help. Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap. For more information about Prescription Advantage, call MassOptions at 800-243-4636, Monday through Friday, 9AM-5PM, or visit [prescriptionadvantagema.org](http://prescriptionadvantagema.org).

The month of September is "National Senior Center Month." Please stop by to enjoy the many programs and activities at the Council on Aging. We are lucky to have a Center that is full of fun, laughter, and life. To those who think senior centers are for "old people," I invite you to join us for a cup of coffee and baked goods, take an exercise class, or play a board game or bingo to see what an active and vibrant Center we have in Millis. New programs are always being added so check Millis Council on Aging's Facebook page and the Town of Millis website.

#### **COST SAVINGS Strategies- TIP #1 from SHINE:**

Did you know that Medicare Savings Plans can help you pay for Medicare premiums and make you eligible for BIG SAVINGS on your prescriptions? Check these current 2022 numbers. If you have Medicare and your income and assets are similar to those below, you might qualify!

Medicare Savings Plans	Gross Monthly Income Limit	Asset Limit*	Application to use	Benefits
MassHealth Senior Buy-In (QMB)	\$1,473 (individual) \$1,984 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs
MassHealth Buy-In (SLMB, QI-1)	\$1,869 (individual) \$2,518 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Pays Medicare B premium & full extra help with prescription costs

Primary residence and one vehicle are not counted If you have any questions about these programs, contact a SHINE counselor or outreach worker at your COA or MassOptions at (1-800-243-4636). You can apply any time and reap big savings!

#### ***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

***Transportation to Medical Appointments*** We have 2 handi-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

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

### MONDAY

9- 4 ~ *Fitness Room*  
 9:00 ~ *Enhance Fitness*  
 9:30 ~ *Cribbage*  
 10-12 ~ *Device Training*

### TUESDAY

10~ Nanak's Kitchen Food Relief Program  
 (Day may vary please call)  
 9-10 ~ *Tai Chi with Tony*  
 9-4 ~ *Fitness Room*  
 9:30 -1 ~ *Crafty Ladies*  
 10-11~ *Swimming Wrentham Pool*  
 (508) 384-6735 Peter

### WEDNESDAY

9-4 ~ *Fitness Room*  
 10:00 ~ *Enhance Fitness*  
 2-3~ *Swimming Wrentham Pool*  
 (508) 384-6735 Peter

### THURSDAY

8:00~ 2nd & 4th Grocery Shopping  
 9-4 *Fitness Room*  
 10-1 ~ 1st & 3rd Thursday~ *Shine*  
 (Days may vary) Please call  
 11:00- 11:30~ *Blood Pressure Clinic*  
 11-1 ~ 1st & 3rd Thursday~ *Origami*  
 11-12~ 2nd Thursday only~ *Legal Consultations*  
 11:15-12 *Grab and Go Lunch*  
 12:15~ *Super Bingo*  
 1-3 ~ 1st & 3rd Thursday~ *Knitting*

### FRIDAY

9-12:30 ~ *Fitness Room*  
 9:00~ *Enhance Fitness*  
 9:30~ *Stretch & Flow Yoga*  
 9:30 ~ *Cribbage*  
 10-11~ *Swimming Wrentham Pool*  
 (508) 384-6735 Peter

**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 starting September 12th (previous times before)**. 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.

*Kathy O'Neil*  
*COA Kitchen*  
*508-376-7056*

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

## MONDAY

## TUESDAY

## WE

September

5.

**CLOSED**  
**LABOR DAY**

12.

9-4 *Fitness Room*  
 9:30 *Cribbage*  
 10-12 *Device Training*  
 11 *POLICE Scamming*

19.

9-4 *Fitness Room*  
 9-10 *YMCA Enhanced Fitness*  
 9:30 *Cribbage*  
 10-12 *Device Training*  
 1-3 *BOARD GAMES WITH DEBBIE*

26.

9-4 *Fitness Room*  
 9-10 *YMCA Enhanced Fitness*  
 9:30 *Cribbage*  
 10-12 *Device Training*

6.

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

13.

10 *Nanak's Kitchen Food Relief Program*  
 9-10 *Tai Chi with Tony*  
 9-4 *Fitness Room*  
 9:30-1 *Crafty Ladies*

20.

10 *Nanak's Kitchen Food Relief Program*  
 9-4 *Fitness Room*  
 9:30-1 *Crafty Ladies*  
 12-2 *FIRE DPT BBQ*  
 9-10 *Tai Chi with Tony*

27.

10 *Nanak's Kitchen Food Relief Program*  
 9-4 *Fitness Room*  
 9:30-1 *Crafty Ladies*  
 9-10 *Tai Chi with Tony*

7.

9-4 *Fitness Room*  
 11-12:15 *WEA*  
 1-1:30 *Boxing*

14.

9-4 *Fitness Room*  
 10-11: *YMCA*  
 10 *Friends M*  
 11-12:15 *WEA*  
 1-1:30 *Boxing*

21.

9-4 *Fitness Room*  
 10-11 *YMCA*  
 1-1:30 *Boxing*  
 2-4 *BIG DIG*

28.

9-4 *Fitness Room*  
 10-11 *YMCA*  
 11-12:15 *WEA*  
 11-1- *OFFICIAL CONGRESS AUCHINCLA*  
 1-1:30 *Boxing*

### Stretch & Flow Yoga


**Fridays at 9:30AM**

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

### 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. The movements and postures are easily modified to fit individual needs. Class is \$3.00

WEDNESDAY		THURSDAY		FRIDAY	
		1. 8:30 COA Board Meeting 9-4 Fitness Room 10-1 SHINE 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo 1-3 Knitting	2. 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga	<p><i>Transportation</i> 508-376-7051 9AM -1PM <i>Rochelle Bunt</i> <i>Transportation Available</i></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>	
Room ATHER g		8. 8 Market Basket 9-4 Fitness Room 11 Real Estate Trusts 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo	9. 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga		
Room TRIAL Meeting ATHER g		15. 9-4 Fitness Room 10-1 SHINE 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 11:30 Tick Protection 12:15 Super Bingo 1-3 Knitting	16. 9-12:30 Fitness Room 9-10: YMCA TRIAL 9:30 Cribbage 9:30 Stretch & Flow Yoga	 <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>	
Room Enhanced Fitness		22. 8 Market Basket 9-4 Fitness Room 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo	23. 9-12:30 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga		
Room Enhanced Fitness ATHER E HOURS OF MAN OSS g		29. 9-4 Fitness Room 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo	30. 9-12:30 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga		

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

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 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.















**SUPER Bingo Madness**

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

**Super Bingo is now every week!**

**The last pot is worth \$25**

**Come and try your luck!**



















## TRIPS



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

9:00 AM: Depart from the Millis Town Hall, 900 Main Street, on your luxury Silver Fox Coach for Boston. You and your friends are in for a great day in "Beantown". After sightseeing on Boston Common in the 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***



***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)

## COUNCIL ON AGING WORD SEARCH

ART	I	H	C	I	A	T	A	G	O	Y	A
BAGS											
BBQ	L	E	O	S	T	U	N	O	D	L	S
BINGO											
BOXING	A	F	G	I	E	I	C	I	S	G	Y
COFFEE											
CRIBBAGE	U	S	N	A	X	M	S	M	A	A	I
DONUTS											
DRAW	G	K	I	O	B	D	A	A	L	P	W
EXERCISE											
FRIENDS	H	C	B	L	N	B	A	G	S	W	E
GAMES											
KNIT	T	A	O	E	L	R	I	I	L	U	A
LAUGHTER											
MILLIS	E	F	I	F	T	I	D	R	A	W	T
ORIGAMI											
PAINT	R	R	A	D	F	F	M	O	C	P	H
RIDES											
TAICHI	F	U	F	E	X	E	R	C	I	S	E
TEA											
WEATHER	D	Q	B	B	T	S	E	D	I	R	R
YOGA											

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

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

**Dues were received from:** Marshal Hunter & Susan Johanson~ Susan Conte~ Ruth Howard ~Manny & Judith Luciano~ Joanne Dolphin~ Barbara Hiscock~ Pam & Todd Arndt~ Emil Lenz~ Kathy Regan~ Mary Kosh~ Joy Ricciuto~ Jill Homer

**Dues with extra donations were received from:** Janet D'Eramo ~ Beverly Wilkinson ~ Vivian Waclawik ~ Les Simpson Vivian Waclawik ~ Vincent & Charlene Howley ~ Alan & Joan Uliss ~ Charles & Michele Mosher~ Wayne & MaryJane Simpson~ Wayne & Michelle Pitts ~ Bruce Luther~ Phil & Patsy Divver~ Hendrika Terstegee~ Daniel & Elizabeth Lynn~ Pat Thompson~ Bob & Jacquei Graci~ Anne Baima~ Kevin & Jodieanne Knehr~ Michael & Loring Edmonds~ Thomas & Madeline Moran~ Peter Quinn & Lois Arena~ Anonymous

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

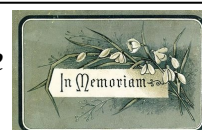
**Donation in memory of Janice Simpson was received from:** Susan Conte

**Donation in memory of Mary C. Lahnston was received from:** Pam & Todd Arndt

**Donation in memory of Alice & Jerry Kilmartin & Marie Moran was received from:** Thomas & Madeline Moran



***In Memory of:***  
*Rita McCann ~ Robert Volpicelli ~ Mary Langille ~ Joan Schropshire*  
*Timothy Gannon ~ John McMorrow Jr.~ E. Peter Bosse*



## **New Senior Center at Cassidy Farm Up for Vote at November Town Meeting**

The COA is severely limited in what programs we can offer due to space restrictions. What is needed is the appropriate infrastructure to support much-needed health and wellness programs, allow socialization, and provide education and training classes; all of which will positively impact the lives of our seniors.

The Council on Aging has worked with the Permanent Building Committee and the Abacus architectural firm for the last three years exploring options for a new Senior Center. The COA has provided information and data on how the Senior Center is used now, and what additional services and programs could be offered with more space and infrastructure improvements to better serve our seniors.

Three options were developed and presented at four well attended focus groups with the community. Feedback showed an overwhelming percentage of attendees (75%) wanted a new Senior Center with 25% of the attendees either undecided or voicing they did not want a new Senior Center.

The input we heard loud and clear from the participants who were undecided or did not want a new Center was the cost and impact on property taxes during this difficult economic time as the major deterrent for their support.

Our Seniors have supported every initiative that Millis has put forth including the High School and Fire Station renovations, and the Clyde Brown School, Library, Police Station, and DPW new constructions. It's our time.

Although all of the options considered had many attractive features, the COA Board agreed that the option chosen would greatly benefit Millis seniors while demonstrating our efforts to keep down the cost of the project. At our August 11<sup>th</sup> meeting the Board had unanimously agreed that the Cassidy Option without the gym would be our recommendation to the Select Board for the November Town Warrant.

Please attend the November Town Meeting and have your voice heard.



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