



# The Millis Council on Aging COALITION



## JANUARY/FEBRUARY 2023 HAPPENINGS!



**SCAMS AND FRAUD WITH THE DISTRICT ATTORNEY** District Attorney Michael Morrissey will discuss scams and fraud, how to prevent becoming a victim, and how to recover from scams, fraud and identity theft. On **Tuesday, January 17th at 1PM**, empower yourself with knowledge by joining him and a member of his staff for an informative, important and interesting presentation. Refreshments will be provided. Reservations are appreciated.

**VALENTINE'S DAY BRUNCH** The Millis Council on Aging will be serving a wonderful Brunch on **Tuesday, February 14th at 10:30AM**. We will be serving scrambled eggs, sausage, hash browns, English muffins, and fruit. Please make a reservation with payment of \$4 before Thursday, February 9th.



**MARY KAY EVENTS** It is time to pamper yourself in the new year. We are hosting a **Winter Skincare Event** on **Wednesday, January 11th at 1PM**. Come and experience Mary Kay skincare treatments for the winter months. Fresh cleanse, deep moisturizer and protection from the New England weather. Learn tips to keep your skin healthy and strong.

**STATE REP OFFICE HOURS** Stephanie Gray, Constituent Services Representative from the Office of Congressman Auchincloss, will be holding office hours in Room 19 on **Thursday, January 19th from 11AM-1PM**. 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.



We are also hosting a **Valentine's Chocolate and Roses Mary Kay Makeover** on **Wednesday, February 15th at 1PM**. This celebration will start with a fresh face and end with a soft color look with pinks and browns for a sweet Valentine look perfect for a lovely afternoon out with your best friends or a romantic night out with your sweetheart. Free of charge. Reserve your spot. Space is limited.

**SELECT BOARD MEMBER OFFICE HOURS** Erin Underhill has office hours in Room 206 at Town Hall: **Tuesday, January 10th at 11am** and **Thursday, February 16 at 11am**.

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.



**900 Main Street Millis, MA 02054 Phone: 508-376-7051**



**Monday-Tuesday-Wednesday 8:30-4 Thursday 8:30-2 Friday 8:30-12:30**



# EXERCISE



**BOXING WITH AMY GAGNE**  
 Designed for seniors who want to keep their bodies & minds strong. Gloves will be provided, but if you prefer, you can purchase your own at Walmart or Amazon. Classes will be held **every Thursday from 11-11:30AM** 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.

**TAI CHI WITH TONY BERG** Focusing 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. Tony will be here **every Tuesday at 9AM.**



**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. The class meets **every Friday at 9:30AM.** The cost is \$3.

**MEDFIELD'S KINGSBURY CLUB SENIOR SWIM PROGRAM** is open to Millis COA members, when just seniors use the pool, **Tuesdays and Fridays from 10-11AM**. The fee is \$5 per visit. COA members will have to present their Millis COA key tag when entering the club.

**WRENTHAM STATE SCHOOL SWIMMING POOL** Emerald Street, Wrentham, is open to Millis COA members **Tuesdays, Wednesdays and Fridays from 10-11AM.** Free of charge. Call Peter: 508-384-6735.



**YMCA ENHANCE FITNESS** is a physical activity program comprised of three 1-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 Wednesdays at 10AM in the gym starting **Monday, February 6th from 9-10AM.** The 16 week course is \$125 payable to the Friends of Millis COA. We will be doing 2 **FREE trial days** Wednesday, February 1st at 10AM & Friday, February 3rd at 9AM. No class February 20th, 22nd & 24th.

**FITNESS ROOM** *Thanks to our Friends group, the annual fee for Millis residents is now only \$50!!!!* 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!

# ART



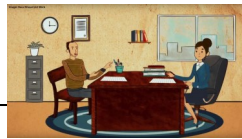
**COOKIE DECORATING & HOT CHOCOLATE WITH DEBBIE**  
 Valentine's Day cookie decorating with Debbie. Debbie supplies the cookies, hot chocolate and all the embellishments, you supply the talent. Join us in a fun filled afternoon on **Tuesday, February 7th at 1:00PM.** Reservations are appreciated.

**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 1-3PM.** Needle pointers, knitters, crocheters, quilters and embroiderers are all welcome. Carol Goldstein will assist with explaining knitting patterns. Come and share your talents



## LECTURES

**7 WORLDS, 1 PLANET** Each continent has its own distinct terrain, its own climate and its own animal life. Take this journey around the world by visiting a continent each week. The series is narrated by David Attenborough. Sessions will be held on **Wednesdays from 11AM-12:15PM on January 4, 11, 18 & 25th and February 1, 8 & 15.** Further sessions to be announced. Hosted by Susan Steele. Sign-ups are appreciated.



**PIZZA AND PREVENTION WITH MILLIS FIRE DEPARTMENT** Otis will be here with pizza and talking about the Millis Fire Department Senior Safe Program on **Mondays, January 30th at 11AM and February 27th at 11AM.** Reservations are appreciated.

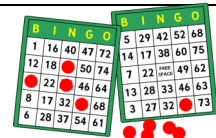


**LEGAL CONSULTATIONS WITH ATTORNEY BETH MURPHY**  
**Thursday, February 9th from 11AM - 12PM** for 15 minute consultations. If Beth cannot help you she will refer you to someone who can.

## GAMES



**SUPER BINGO EVERY THURSDAY!!!** Will be held **Thursdays at 12:15PM** in room 21. The last pot is worth \$25. **Come and try your luck!** Thank you to our Friends Group for supporting this!



**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.

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



## VOLUNTEER OPPORTUNITIES



**LOOKING FOR MEMBERS FOR OUR FRIENDS BOARD. MINIMAL TIME COMMITMENT.**



**LOOKING FOR MEALS ON WHEELS DRIVERS**  
for Tuesdays and Thursdays  
Please call Kathy O'Neil  
COA Kitchen at 508-376-7056



**LOOKING FOR VOLUNTEERS TO ASSIST IN CANDY'S CORNER**  
Come help sort and set up donations.



**LOOKING FOR MUSICIANS & ARTISTS**  
Interested in playing Music at the Senior Center or teaching an Art class?  
Please call Patty at 508-376-7051



**Thank You** 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 items.



## HEALTH

**PODIATRY** Main Street Podiatry will be here **Wednesday, February 22nd from 9-11AM** to trim your toe nails and provide an initial evaluation of your feet. They accept most insurances with the exception of BMC. ***There may be charges from your insurance such as co-pays, deductibles, etc. Please check to with your insurance in advance to see if a referral is required.*** Pre registration for appointments will be required. We will mail or email you a form that can be filled out prior to your visit. Please bring your insurance cards and completed form to the first visit. Please note that home visits can be arranged by calling the Senior Center or Main Street Podiatry (508) 533-3500.

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



## FOOD SERVICES



**MEALS ON WHEELS**, through Hessco Elder Services, delivers meals to homebound seniors Monday- Friday. Kathy O'Neil of COA Kitchen runs the program. Call Hessco at 781-784-4944.

**NANEK'S KITCHEN FOOD BAGS** The Sikh Dharma food relief program is providing bags of non-perishable organic, vegan foods to anyone in need at the Council on Aging every Tuesday morning. All are welcome.

## TRANSPORTATION

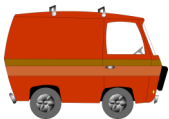
### SENIOR VAN SCHEDULE

Monday-Thursday 8AM-2PM & Friday 8AM-1PM

**Medical Transport:** We have 2 handicapped equipped vans and one standard vehicle that provide transportation for our Millis seniors and disabled.

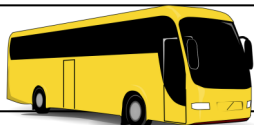
Shopping: 2nd and 4th Thursdays to: Bellingham Market Basket/ Walmart at 8AM. All passengers must manage their own grocery bags in and out of the van.

\$2.00 in town    \$3.00 Medway/ Bellingham    \$5.00 Framingham/Norwood  
\$10.00 Newton/Dedham    \$25.00 Boston    Fees are waived for Veterans

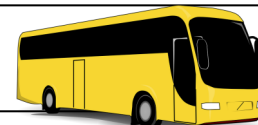


*Please be aware that we can not provide repetitive trips, and medical appointments take priority over all trips. We have to be available for all Millis residents.*  
**FOR TRANSPORTATION, PLEASE CALL ROCHELLE: 508-376-7051**

The senior van provided rides from Millis Housing to the Millis Food Pantry on the **1st and 3rd 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.




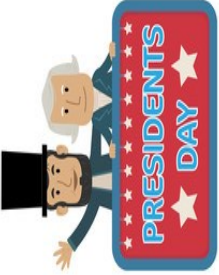
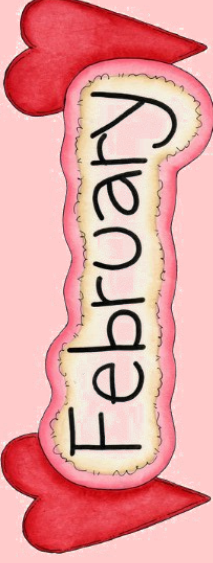
## TRIPS



Stay tuned while we plan our next outings for 2023.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage</p>	<p>10 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9:30-1 Crafty Ladies 9-10 Tai Chi with Tony</p>	<p>9-4 Fitness Room 10-11: YMCA Enhanced Fitness 11-12:15 ONE PLANET</p>	<p>9:00 COA Board Meeting 9-4 Fitness Room 10-1 SHINE 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 11-11:30 Boxing 12:15 Super Bingo 1-3 Knitting</p>	<p>9-12:30 Fitness Room 9-10: YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch &amp; Flow Yoga</p>
<p>9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage</p>	<p>10 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9:30-1 Crafty Ladies 9-10 Tai Chi with Tony</p>	<p>9-4 Fitness Room 10 Friends Meeting 10-11: YMCA Enhanced Fitness 11-12:15 ONE PLANET 1 WINTER SKIN CARE</p>	<p>8 Market Basket 9-4 Fitness Room 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 11-11:30 Boxing 12:15 Super Bingo</p>	<p>9-12:30 Fitness Room 9-10 YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch &amp; Flow Yoga</p>
 <p>9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage</p>	<p>10 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9:30-1 Crafty Ladies 9-10 Tai Chi with Tony 1 SCAMS &amp; FRAUD</p>	<p>9-4 Fitness Room 9-11 Podiatry 10-11: YMCA Enhanced Fitness 11-12:15 ONE PLANET</p>	<p>9-4 Fitness Room 10-1 SHINE 11-1 STATE REP Office Hours 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 11-11:30 Boxing 12:15 Super Bingo 1-3 Knitting</p>	<p>9-12:30 Fitness Room 9-10 YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch &amp; Flow Yoga</p>
<p>9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 1-3 BOARD GAMES WITH DEBBIE</p>	<p>10 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9:30-1 Crafty Ladies 9-10 Tai Chi with Tony</p>	<p>9-4 Fitness Room 10-11 YMCA Enhanced Fitness 11-12:15 ONE PLANET</p>	<p>8 Market Basket 9-4 Fitness Room 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 11-11:30 Boxing 12:15 Super Bingo</p>	<p>9-12:30 Fitness Room 9-10 YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch &amp; Flow Yoga</p>
<p>9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 11 PIZZA AND PREVENTION</p>	<p>10 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9:30-1 Crafty Ladies 9-10 Tai Chi with Tony</p>	 <h1 data-bbox="1364 924 1526 966">JANUARY</h1>		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 Fitness Room</p> <p>9-10 YMCA Enhanced Fitness NEW PROGRAM STARTS</p> <p>9:30 Cribbage</p>	<p>7 Nanak's Kitchen Food Relief Program</p> <p>9-4 Fitness Room</p> <p>9:30-1 Crafty Ladies</p> <p>9-10 Tai Chi with Tony</p> <p>1 COOKIE DECORATING &amp; HOT CHOCOLATE</p>	<p>1 Fitness Room</p> <p>10-11: YMCA Enhanced Fitness TRIAL DAY</p> <p>11-12:15 ONE PLANET</p>	<p>2 COA Board Meeting</p> <p>9-4 Fitness Room</p> <p>10-1 SHINE</p> <p>11-11:30 Blood Pressure</p> <p>11:15-12 Grab and Go</p> <p>11-11:30 Boxing</p> <p>12:15 Super Bingo</p> <p>1-3 Knitting</p>	<p>3 Fitness Room</p> <p>9-12:30 YMCA Enhance Fitness TRIAL DAY</p> <p>9:30 Cribbage</p> <p>9:30 Stretch &amp; Flow Yoga</p>
<p>6 Fitness Room</p> <p>9-10 YMCA Enhanced Fitness NEW PROGRAM STARTS</p> <p>9:30 Cribbage</p>	<p>7 Nanak's Kitchen Food Relief Program</p> <p>9-4 Fitness Room</p> <p>9:30-1 Crafty Ladies</p> <p>9-10 Tai Chi with Tony</p> <p>1 COOKIE DECORATING &amp; HOT CHOCOLATE</p>	<p>8 Fitness Room</p> <p>9-4 Friends Meeting</p> <p>10-11: YMCA Enhanced Fitness</p> <p>11-12:15 ONE PLANET</p>	<p>9 Market Basket</p> <p>9-4 Fitness Room</p> <p>11 LEGAL CONSULT with Beth</p> <p>11-11:30 Blood Pressure</p> <p>11:15-12 Grab and Go</p> <p>11-11:30 Boxing</p> <p>12:15 Super Bingo</p>	<p>10 Fitness Room</p> <p>9-12:30 YMCA Enhance Fitness</p> <p>9:30 Cribbage</p> <p>9:30 Stretch &amp; Flow Yoga</p>
<p>13 Fitness Room</p> <p>9-10 YMCA Enhanced Fitness</p> <p>9:30 Cribbage</p> <p>1-3 BOARD GAMES with Debbie</p>	<p>14 Nanak's Kitchen Food Relief Program</p> <p>9-4 Fitness Room</p> <p>9:30-1 Crafty Ladies</p> <p>9-10 Tai Chi with Tony</p> <p>10:30 VALENTINE'S DAY BRUNCH</p> 	<p>15 Fitness Room</p> <p>9-11 Podiatry</p> <p>10-11: YMCA Enhanced Fitness</p> <p>11-12:15 ONE PLANET</p> <p>1 VALENTINE'S MAKEOVER</p>	<p>16 Fitness Room</p> <p>10-1 SHINE</p> <p>11-11:30 Blood Pressure</p> <p>11:15-12 Grab and Go</p> <p>11-11:30 Boxing</p> <p>12:15 Super Bingo</p> <p>1-3 Knitting</p>	<p>17 Fitness Room</p> <p>9-12:30 YMCA Enhance Fitness</p> <p>9:30 Cribbage</p> <p>9:30 Stretch &amp; Flow Yoga</p>
<p>20 Fitness Room</p> 	<p>21 Nanak's Kitchen Food Relief Program</p> <p>9-4 Fitness Room</p> <p>9:30-1 Crafty Ladies</p> <p>9-10 Tai Chi with Tony Room 18</p>	<p>22 Fitness Room</p> <p>9-11 Podiatry</p> <p>1 VALENTINE'S MAKEOVER</p>	<p>23 Market Basket</p> <p>9-4 Fitness Room</p> <p>11-11:30 Blood Pressure</p> <p>11:15-12 Grab and Go</p> <p>11-11:30 Boxing</p> <p>12:15 Super Bingo</p>	<p>24 Fitness Room</p> <p>9-12:30 YMCA Enhance Fitness</p> <p>9:30 Cribbage</p> <p>9:30 Stretch &amp; Flow Yoga</p>
<p>27 Fitness Room</p> <p>9-10 YMCA Enhanced Fitness</p> <p>9:30 Cribbage</p> <p>11 PIZZA AND PREVENTION</p>	<p>28 Nanak's Kitchen Food Relief Program</p> <p>9-4 Fitness Room</p> <p>9:30-1 Crafty Ladies</p> <p>9-10 Tai Chi with Tony</p>			

## OUTREACH WORKER ~ Debbie Sand

*Monday ~ Tuesday ~ Wednesday 9AM-4PM & Thursdays 9AM-2PM*

HAPPY NEW YEAR! As we start this year, make a New Year's resolution to get your affairs in order. No one ever plans to get sick or disabled, but planning can make all the difference in an emergency.

- Create documents that communicate health care, financial management, and end of life wishes for yourself, with legal and medical advice as needed. Review documents yearly to see if your wishes have changed.
- Put your important papers and copies of legal documents in one place. Give health care documents also to your doctor. Check yearly to see if there is anything new to add.
- Tell a trusted family member or friend where you put all your important papers in case of an emergency.
- Discuss your end-of-life preferences with your doctor and trusted family member or friend. Your doctor can explain what health decisions you may have to make in the future and what treatment options are available.

The "**Are You Ok?**" program is a daily telephone reassurance program offered by the Norfolk County Sheriff's Office in partnership with Fallon Ambulance. Each morning, enrolled seniors receive a call to check on their well-being. If an individual fails to respond or requires assistance, staff notifies their family, and if necessary, local police and/or emergency services. This program is offered free of charge to Norfolk County residents. The program is provided 365 days a year for seniors and or people with disabilities. Individuals may determine how many days a week the call is placed and may suspend calls when they know they will be away from home. Seniors interested in signing up for this no cost, potentially lifesaving, program are encouraged to the Sheriff's Office contact 866-900-7865.

### JOKES

HA! HA!  
HA! HA!  
HA! HA!

What did the custodian say when he jumped out of the closet? "Supplies!"  
What does a baby computer call its father? Data.  
Why don't oysters donate to charity? Because they're shellfish.  
How does a penguin build its house? Igloos it together.

HA! HA!  
HA! HA!  
HA! HA!

***Many thanks to those who support our activities through dues and donations.  
You're the best!!!***

**Dues were received from:** Romi Whitman ~ John & Joan Ward ~ Ann Levasseur

**Dues with extra donations were received from:** Patricia Burke ~ Debra Roman~Rick & Linda Jones ~ Solange Lubenec ~ Thomas & Mary Mitchell

**Donations for the Center were received from:** Meredith St. Sauveur

**Donation in memory of Steven Gold was received from:** Anita Gold

**Donation in memory of Fr. Chambers was received from:** Jane Hardin

**Donation in memory of Rita McCann was received from:** Solange Lubenec

**Thank  
YOU!**



***In Memory of:  
Clifford Frazee~ Chris Smith~ Lawrence Calderone ~ Margaret  
Fitzgerald***



**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)*

**Please visit our Face Book page at <https://www.facebook.com/milliscouncilonaging>**

***The Millis Council on Aging***

***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

Millis Council on Aging  
900 Main Street  
Millis, MA. 02054

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***Council on Aging Board Members***

- Chairperson: Herbert Lannon Jr.
- Vice Chair: Open
- Secretary: Helen Daly
- HESSCO Representative: Elizabeth Derwin
- Member: William Brown
- Member: Lisette Walter
- Member: Elizabeth Derwin
- Member: Meredith St. Sauveur

***Friends of Millis' Council on Aging***

- President: Steve Howie
- Vice President: Bryan Riley
- Secretary: Ethel Christman
- Treasurer: Brooks Corl
- Member: Carole Greco

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