



# The Millis Council on Aging *COAlition*

## FEBRUARY 2024 HAPPENINGS!

**MILLIS  
COUNCIL ON AGING**

**PHONE  
(508) 376-7051**

[www.millisma.gov/council-aging](http://www.millisma.gov/council-aging)

### HOURS

**Monday-Tuesday-Wednesday**

**8:30 AM—4:00 PM**

**Thursday**

**8:30 AM—2:00 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 Posklensky

### 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.



## *Spread the Love!*

We want to hear from you! There are many reasons to “love,” or “like” the Millis Council on Aging. Your reasons may be simple “I like the donuts,” “I love to see my friends there,” or more direct “I finally joined an exercise class that I love and I feel better for it,” or “I like how I found help when I was in need.” Whatever your reasons for stopping in or calling, we’d like to know what keeps you coming back, and we love that you do!

We’ll be celebrating love with a Valentine Lunch on Tuesday, February 13. Please call to register your attendance. Details can be found inside. Our Music Mania sessions with Lenny Forman will be moving to Thursdays, and we hope you have found time to try our new Dance Fusion exercise class on Thursdays too. Tech Time was very popular last month, so drop in on Tuesday, February 6 with your smartphone, laptop, computer or Facebook issues and have your questions answered.

## **It’s also time for nominations for the 2nd Annual “Lansing Millis Award.”**

This award, in homage to our town’s incorporator, Lansing Millis, and his entrepreneurship and community advocacy, is presented to a deserving senior citizen by the Millis Select Board in partnership with the Council on Aging. This award 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. Mr. Herbert Lannon, Jr. received the award last year.



Nomination forms can be found on the Town website at [www.millisma.gov/council-aging](http://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.

*Anne-Marie & Staff*

Anne-Marie Gagnon, Director  
Email: [agagnon@millisma.gov](mailto:agagnon@millisma.gov)

## 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: February 7, 14, 21, 28; March 6, 13, 20, 27**  
**Time: 11:00 AM-12:15 PM**

### NEW DAY! MUSIC MANIA

Lenny Forman returns with fun music and music trivia!

**Thursdays: February 8, 15, 22, 29**  
**Time: 10:00 AM**

### 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, February 26**  
**Time: 11:00 AM**

**Pre-register by calling the Senior Center by Feb. 23**

### 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 or questions about your smartphone, computer, laptop, tablet, e-reader, Facebook account, or other tech issue. This is a new monthly offering.

**Tuesday, February 6 and all first Tuesdays**  
**Time: 12:00 PM**

### TALES OF LOVE AND HEARTBREAK



Patsy Divver returns with her list of exciting winter reads to keep you warm this season. Bring your own reviews of favorite books too. Cupcakes!

**Tuesday, February 27**  
**Time: 12:00 PM, Free**

### NEW! SEW and STITCH GROUP

Never used a sewing machine or need to dust off your skills? Sewers, knitters and novices: join us as each week as we use the sewing machines at the Senior Center to work on a variety of special projects. Materials and guidance provided.

**Mondays: February 5, 12, 26**  
**Time: 1:00 PM-3:30 PM**



### FENG SHUI: UNFOLD ALL YOUR PERSONAL ENERGY PATTERNS with Caroline Ferber-Tchen

Join us for this presentation about Feng Shui. Find your own and your home's unique energy configuration in this introductory course on the ancient Chinese wisdom of Feng Shui. Then join us on February 12 to apply this practice to jewelry design. Free.

**Monday, February 5 at 10:00 AM**



### FENG SHUI JEWELRY DESIGN with Caroline Ferber-Tchen

Feng Shui is an ancient Chinese practice that channels the divine and primordial energy that exists around us in order to improve our quality of life. In this class, Caroline will apply these teachings to create a one of a kind jewelry piece attuned to your birth star and the five elements of earth, metal, water, wood, and fire.

**Monday, February 26 (New Date)**

**Time: 10:00 AM**

**Cost: \$5.00**

**Call to pre-register (508) 376-7051**

### VALENTINE LUNCH



Celebrate love with the Millis Council on Aging! Join us for pasta, meatballs, salad, and dessert with new and old friends.

**Tuesday, February 13**

**Time: 11:30 AM**

**Cost: \$5.00**

**Call to pre-register (508) 376-7051 by February 7**

### MOVIE MORNING

Join us on Groundhog Day to view the comedy "Groundhog Day" (1993, 101 min, PG). **Friday, February 2 at 11:00 AM**, light snacks offered or bring your own lunch. Free.

## GAMES

### RUMMIKUB

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

### GAMES GROUP Let's play some Board Games!

**3rd Monday of Each Month, 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

### **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. The class concludes with gentle stretching exercises to increase flexibility and reduce muscle tension. Seated Strength and Balance - Instructor, Pearl Pressman AFAA Certified

**Wednesdays at 2:00 PM in Room 18**

**Cost: \$3 per class.**

### **New! DANCE FUSION with Scott Shuster**



Instructor Scott has a very simple philosophy when it comes to exercising... it should be fun, not work. With 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. There's no experience necessary, no judgement, no pressure...just fun. Bring comfortable clothes & shoes to move around in, and water to stay hydrated. *Scott has been a Zumba enthusiast for nearly 20 years, and an instructor for over 4 years. Having attained certifications in Basic Zumba, Zumba Gold, Aqua Zumba and Zumba Kids, he now teaches classes in the area at YMCAs, Gyms and Senior Centers.*

**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**

**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, February 6, 13, 20, 27

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: February 1, 8, 15, 22, 29

## 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. February 1, 15, and 29

**New!** To Ocean State Job Lot: February 8 at 8:30 AM

**New!** To Shaw's & Marshall's in Medfield: February 22

**New!** To Bingo at the Senior Center: 2nd week Thursday, 2/15 from Kennedy Terrace: Call Rochelle for info.

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. (508) 376-5034

### 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**. Any leftover food is distributed on **Thursdays at 11:30 AM**. Items are free.

**PRESIDENTS DAY WEEK: Thursday 2/ 22**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>February 2024</b>  <b>MILLIS COUNCIL ON AGING</b>  <b>900 MAIN STREET</b> Lower Level MILLIS, MA 02054  (508) 376-7051			1  <b>8:00 Market Basket Trip</b> 9-2 Fitness Room <b>9:00 Dance Fusion (gym)</b> 10-1 SHINE Appts 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo	2  9-12:30 Fitness Room  9:30 Cribbage  9:30 Stretch & Flow Yoga  <b>11:00 Movie: Groundhog Day</b>
5  9-4 Fitness Room  9:00 Enhance Fitness  9:30 Cribbage  <b>10:00 Intro to Feng Shui</b>  1-3 RUMMIKUB  <b>1:00 Sew &amp; Stitch</b>	6  9-4 Fitness Room  9-10 Tai Chi with Tony  10:00 Lovin' Spoonfuls  9:30-12 Crafty Ladies  <b>12:00 Tech Time</b>		8  <b>8:30 Ocean St Job Lot Trip</b> 9-2 Fitness Room <b>9:00 COA BOARD MEETING</b> <b>9:00 Dance Fusion (gym)</b> <b>10:30 MUSIC MANIA</b> 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo	9  9-12:30 Fitness Room  9:00 Enhance Fitness  9:30 Cribbage  9:30 Stretch & Flow Yoga
12  9-4 Fitness Room  9:00 Enhance Fitness  9:30 Cribbage  1-3 RUMMIKUB  <b>1:00 Sew &amp; Stitch</b>	13  9-4 Fitness Room  9-10 Tai Chi with Tony  10:00 Lovin' Spoonfuls  9:30-12 Crafty Ladies  <b>11:30 VALENTINE LUNCH</b>	14  9-4 Fitness Room  9:00 Enhance Fitness  10:00 FRIENDS MEETING  <b>11:00 Explore with Susan</b>  1:00 Pond Ladies  <b>2:00 Seated Strength</b>	15  <b>8:00 Market Basket Trip</b> 9-2 Fitness Room <b>9:00 Dance Fusion (gym)</b> 10-1 SHINE Appts <b>10:30 MUSIC MANIA</b> 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo	16  9-12:30 Fitness Room  9:00 Enhance Fitness  9:30 Cribbage  9:30 Stretch & Flow Yoga
19  <b>Presidents Day</b>    <b>Senior Center Closed</b>	20  9-4 Fitness Room  9-10 Tai Chi with Tony  <b>NO LOVIN' SPOONFULS— MOVED TO THURSDAY!</b>  9:30-12 Crafty Ladies	21  9-4 Fitness Room  9:00 Enhance Fitness  1:00 Pond Ladies  <b>11:00 Explore with Susan</b>  <b>2:00 Seated Strength</b>	22  <b>9:00 Shaw's/Marshall's Trip</b> 9-2 Fitness Room <b>9:00 Dance Fusion (gym)</b> <b>10:00 LOVIN' SPOONFULS</b> <b>10:30 MUSIC MANIA</b> 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo	23  9-12:30 Fitness Room  9:00 Enhance Fitness  9:30 Cribbage  9:30 Stretch & Flow Yoga
26  9-4 Fitness Room  9:00 Enhance Fitness  9:30 Cribbage  <b>10:00 Jewelry Making</b> 10:30 Memory Café (pg. 7) <b>11:00 Pizza &amp; Prevention</b> 1-3 RUMMIKUB  <b>1:00 Sew &amp; Stitch</b>	27  9-4 Fitness Room  9-10 Tai Chi with Tony  10:00 Lovin' Spoonfuls  9:30-12 Crafty Ladies  <b>12:00 Book Club: Tales of Love &amp; Heartbreak</b>	28  9-4 Fitness Room  9:00 Enhance Fitness  <b>11:00 Explore with Susan</b>  1:00 Pond Ladies  <b>2:00 Seated Strength</b>	29  <b>8:00 Market Basket Trip</b> 9-2 Fitness Room <b>9:00 Dance Fusion (gym)</b> <b>10:30 MUSIC MANIA</b> 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo	<b>MARCH 1</b>  9-12:30 Fitness Room  9:00 Enhance Fitness  9:30 Cribbage  9:30 Stretch & Flow Yoga



## News from SHINE:

### Do you need help paying for Medicare and Supplemental Insurance Costs?

People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. The counselor will review programs that help people with limited income to pay health care costs. SHINE (Serving Health Insurance Needs of Everyone – on Medicare) offers **free** counseling sessions on Medicare options at the Millis Senior Center by appointment. Call the Millis Senior Center at (508) 376-7051 for more information.

In February, **SHINE Counselor Brian Murphy will be here February 1 and February 15.**

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, February 26**

**Time: 10:30 AM—Noon at the Library**



Happy Valentine's Day from the Staff!  
Anne-Marie, Lisa, Rochelle, and Andrew

## OUTREACH CORNER

Contact Lisa Kirby  
(508) 376-7051  
[LKirby@millisma.gov](mailto: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](http://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

### 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. Funds received from purchases are directed to the Friends of the Millis Council on Aging who then help to make possible 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 voluntary dues and donations to the Friends of the Millis Council on Aging, and contributions to Candy's Corner.**

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Anonymous ~ Stanley & Elaine Yablonski ~ Carol Goldstein ~ John Bering ~  
Solange Lubenec ~ Robert & Theresa Foster ~ Robert & Helen Daly ~ Elves Orciani ~  
Pam Wilkey ~ Uldis Dulevskis ~ Bruce & Denise Schroepfer ~ Meredith Poulten ~  
Mary Russo ~ Jane Qualia ~ Joy Ricciuto

A Donation in memory of Jack Shea was received from: Mary Shea  
A Donation in memory of Carl E. Bennett Jr. was received from: Robert Bennett  
A Donation in memory of Winifred M. Bennett was received from: Holly Maraggio



### In Memory

Michael Fischella ~ Lorna Mary Mick ~ Manuel Goes Jr. ~ Jean M. Mackiernan



### 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](http://www.millisma.gov/subscribe)

### For More Information

Follow us on Facebook  
[www.facebook.com/milliscouncilonaging](http://www.facebook.com/milliscouncilonaging)



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

February  
2024

Look inside  
for a new  
Dance Fusion  
Class,  
Sew and  
Stitch  
Group,  
Assistance  
with  
SmartPhones  
and  
Computers,  
and  
More!  
We hope to  
see you at  
the Senior  
Center!