



The Millis Council on Aging *COAlition*

JANUARY 2024 HAPPENINGS!

**MILLIS
COUNCIL ON AGING**

**PHONE
(508) 376-7051**

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.



Happy New Year!

Happy New Year! We hope you have made a resolution to visit the Senior Center this year! Our January calendar offers many new activities that we plan to make regular weekly events. A new Sew and Stitch group will be meeting on Monday afternoons. Novice and experienced sewers, stitchers and knitters are welcome to attend. We will also be offering Tech Time with Esther Davis once a month for you to drop in with your smartphone, laptop, e-reader or other device and have your questions answered. We have scheduled a special Feng Shui jewelry making session, and will be offering a new exercise class, Dance Fusion. The Norfolk County Sheriff's Department will be returning for another presentation about senior safety, Patsy Divver will be back to discuss cozy books to read this winter, Music Mondays with Lenny will return along with the Fire Department's Senior Safe Pizza and Prevention program. Select Board member Erin Underhill will be holding office hours too. It may be cold outside, but things are warm in here. We hope you will stop in and take part.

If puzzles or books are what you're looking for, you can see from our cover photo that we have many items for loan. We open every day at 8:30 AM, so come by for a free cup of coffee and a donut and peruse the shelves. We look forward to meeting you.

Cheers to 2024!

Anne-Marie & Staff

Anne-Marie Gagnon, Director

Email: agagnon@millisma.gov

UPCOMING EVENTS

OFFICE HOURS with Millis Select Board's Erin Underhill



Drop in to learn more about what's happening in the Town and bring your own issues to discuss.

Tuesday, January 9

Time: 11:00 AM—12:00 PM, Room 206

EXPLORE THE POLAR REGIONS with Susan Steele

The polar regions are some of the most isolated places on earth. Join Susan Steele as she helps us delve into the history, culture, science and wildlife of the ice-bound worlds of the Arctic and Antarctic. This series is an exciting combination of travelogue, science class and history lesson.

Wednesdays: January 3, 10, 17, 24, 31

Time: 11:00 AM-12:15 PM

MUSIC MONDAY

Lenny Forman returns with fun music and music trivia!

Mondays: January 8, 22, 29

Time: 1:00 PM

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, January 29

Time: 11:00 AM

Pre-register by calling the Senior Center by Jan. 24

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, January 9 and then first Tuesday thereafter

Time: 12:00 PM

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 projects. Materials and guidance provided.

Mondays: January 22 and 29

Time: 1:00 PM-3:30 PM



FENG SHUI JEWELRY DESIGN with Caroline

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 who has practiced and taught Feng Shui throughout her life will impart to you these wisdoms, such as Lo Shu or Magic Square, which will be your jump start to the path of enlightenment and balance in life. You will then 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. This is a 2-part event.

Monday, January 8 and 22

Time: 10:00 AM

Cost: \$5.00, Call to pre-register (508) 376-7051

COZY READS, COOKIES and COCOA



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

Tuesday, January 30

Time: 12:00 PM, Free

LEARN ABOUT THE YELLOW DOT PROGRAM FOR SENIORS by the Norfolk County Sheriff's Department



The important Yellow Dot, and the "Are You Ok?" programs offered as safety services for seniors by the Norfolk County Sheriff's Department will be discussed. Learn how a Yellow Dot in the driver's-side rear window of your vehicle alerts first responders. Bring your questions!

Wednesday, January 24

Time: 12:30 PM

Pre-register by calling the Senior Center by January 20

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



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, Starts January 18

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

Pre-registration for appointments will be required. New clients: 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.

Wednesday, January 3

Time: 9:00 AM-11:00 AM

Pre-register by calling the Senior Center

BLOOD PRESSURE CHECKS



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

Thursdays from 11-11:30 AM

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 class starts January 8 for 16 weeks: every Monday, Wednesday & Friday at 9AM in the gym.

~ Free Enhance Fitness Demo Classes will be held

January 3 and 5 ~ Note: This course is \$125, payable to the Friends of the Millis COA, and reimbursable by most insurance

SNOW POLICY

If the Millis Public Schools are Closed, any programs, classes or events 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, January 2, 9, 16, 23, 30

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: January 4, 11, 18, 25 and Feb. 1

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. See calendar for details.

January 4 and January 18; February 1, 15, and 29

New! To Ocean State Job Lot: January 11

New! To Shaw's & Marshall's in Medfield: January 25

New! To 2nd week Thursday Bingo 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.

New Year's Week: Distributed Thursday, 1/4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>January 2024</div>				
<div>1</div> <div>Happy New Year! 2024</div> <div>Senior Center Closed</div>	<div>2</div> <div>9-4 Fitness Room</div> <div>9-10 Tai Chi with Tony</div> <div>NO LOVIN' SPOONFULS—MOVED TO THURSDAY</div> <div>9:30-12 Crafty Ladies</div>	<div>3</div> <div>9-4 Fitness Room</div> <div>9:00 Enhance Fitness DEMO CLASS—Free!</div> <div>11:00 Explore with Susan</div> <div>1:00 Pond Ladies</div> <div>2:00 Seated Strength</div>	<div>4</div> <div>8:00 Market Basket Trip</div> <div>9-2 Fitness Room</div> <div>10-1 SHINE Appts</div> <div>10-12 NEEDLEWORKERS</div> <div>10:00 LOVIN' SPOONFULS</div> <div>11-11:30 Blood Pressure</div> <div>11:15-12 Grab & Go Lunch</div> <div>12:15 Super Bingo</div>	<div>5</div> <div>9-12:30 Fitness Room</div> <div>9:00 Enhance Fitness DEMO CLASS—Free!</div> <div>9:30 Cribbage</div> <div>9:30 Stretch & Flow Yoga</div>
<div>8</div> <div>9-4 Fitness Room</div> <div>9:00 Enhance Fitness</div> <div>9:30 Cribbage</div> <div>10:00 Jewelry Making</div> <div>1-3 RUMMIKUB</div> <div>1:00 Music Monday</div>	<div>9</div> <div>9-4 Fitness Room</div> <div>9-10 Tai Chi with Tony</div> <div>10:00 Lovin' Spoonfuls</div> <div>9:30-12 Crafty Ladies</div> <div>11:00 Office Hour with Erin Underhill (Rm. 206)</div> <div>12:00 Tech Time</div>	<div>10</div> <div>9-4 Fitness Room</div> <div>9:00 Enhance Fitness</div> <div>11:00 Explore with Susan</div> <div>1:00 Pond Ladies</div> <div>2:00 Seated Strength</div>	<div>11</div> <div>8:30 Ocean St Job Lot Trip</div> <div>9-2 Fitness Room</div> <div>9:00 COA BOARD MEETING</div> <div>10-12 NEEDLEWORKERS</div> <div>11-11:30 Blood Pressure</div> <div>11:15-12 Grab & Go Lunch</div> <div>12:15 Super Bingo</div>	<div>12</div> <div>9-12:30 Fitness Room</div> <div>9:00 Enhance Fitness</div> <div>9:30 Cribbage</div> <div>9:30 Stretch & Flow Yoga</div>
<div>15</div> <div>Martin Luther King Jr. Day</div> <div>Senior Center Closed</div>	<div>16</div> <div>9-4 Fitness Room</div> <div>9-10 Tai Chi with Tony</div> <div>10:00 Lovin' Spoonfuls</div> <div>9:30-12 Crafty Ladies</div>	<div>17</div> <div>9-4 Fitness Room</div> <div>9:00 Enhance Fitness</div> <div>10:00 FRIENDS MEETING</div> <div>11:00 Explore with Susan</div> <div>1:00 Pond Ladies</div> <div>2:00 Seated Strength</div>	<div>18</div> <div>8:00 Market Basket Trip</div> <div>9-2 Fitness Room</div> <div>9:00 NEW! Dance Fitness</div> <div>10-1 SHINE Appts</div> <div>10-12 NEEDLEWORKERS</div> <div>11-11:30 Blood Pressure</div> <div>11:15-12 Grab & Go Lunch</div> <div>12:15 Super Bingo</div>	<div>19</div> <div>9-12:30 Fitness Room</div> <div>9:00 Enhance Fitness</div> <div>9:30 Cribbage</div> <div>9:30 Stretch & Flow Yoga</div>
<div>22</div> <div>9-4 Fitness Room</div> <div>9:00 Enhance Fitness</div> <div>9:30 Cribbage</div> <div>10:00 Jewelry Making</div> <div>1-3 RUMMIKUB</div> <div>1-3 Games Group</div> <div>1:00 Music Monday</div> <div>1:00 Sew & Stitch</div>	<div>23</div> <div>9-4 Fitness Room</div> <div>9-10 Tai Chi with Tony</div> <div>10:00 Lovin' Spoonfuls</div> <div>9:30-12 Crafty Ladies</div>	<div>24</div> <div>9-4 Fitness Room</div> <div>9:00 Enhance Fitness</div> <div>1:00 Pond Ladies</div> <div>11:00 Explore with Susan</div> <div>12:30 Yellow Dot Program</div> <div>2:00 Seated Strength</div>	<div>25</div> <div>9:00 Shaw's/Marshall's Trip</div> <div>9-2 Fitness Room</div> <div>9:00 Dance Fitness</div> <div>10-12 NEEDLEWORKERS</div> <div>11-11:30 Blood Pressure</div> <div>11:15-12 Grab & Go Lunch</div> <div>12:15 Super Bingo</div>	<div>26</div> <div>9-12:30 Fitness Room</div> <div>9:00 Enhance Fitness</div> <div>9:30 Cribbage</div> <div>9:30 Stretch & Flow Yoga</div>
<div>29</div> <div>9-4 Fitness Room</div> <div>9:00 Enhance Fitness</div> <div>9:30 Cribbage</div> <div>11:00 Pizza & Prevention</div> <div>1-3 RUMMIKUB</div> <div>1:00 Music Monday</div> <div>1:00 Sew & Stitch</div>	<div>30</div> <div>9-4 Fitness Room</div> <div>9-10 Tai Chi with Tony</div> <div>10:00 Lovin' Spoonfuls</div> <div>9:30-12 Crafty Ladies</div> <div>12:00 Cozy Reads, Cocoa and Cookies</div>	<div>31</div> <div>9-4 Fitness Room</div> <div>9:00 Enhance Fitness</div> <div>11:00 Explore with Susan</div> <div>1:00 Pond Ladies</div> <div>2:00 Seated Strength</div>	<div>FEBRUARY 1</div> <div>8:00 Market Basket Trip</div> <div>9-2 Fitness Room</div> <div>9:00 Dance Fitness</div> <div>10-12 NEEDLEWORKERS</div> <div>11-11:30 Blood Pressure</div> <div>11:15-12 Grab & Go Lunch</div> <div>12:15 Super Bingo</div>	<div>MILLIS COUNCIL ON AGING</div> <div>900 MAIN STREET Lower Level MILLIS, MA 02054</div> <div>(508) 376-7051</div>



News from SHINE:

Medicare Advantage Open Enrollment Period: Jan 1st – Mar 31st

You must be already enrolled in a Medicare Advantage (MA) plan on January 1 to use this Open Enrollment Period. During this period, you may change to another Medicare Advantage plan or leave a Medicare Advantage plan and return to Original Medicare and enroll in a part D plan. Only one Medicare Advantage Open Enrollment Period change is allowed. The change will take effect the first of the month after the change.

SHINE (Serving Health Insurance Needs of Everyone – on Medicare) offers **free** counseling sessions on Medicare options at the Millis Senior Center by appointment. In January, **SHINE Counselor Brian Murphy will be here January 4 and January 18.**

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, January 22

Time: 10:30 AM—Noon at the Library



OUTREACH CORNER

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



Need Help Buying Groceries?

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

Fuel Assistance with SMOC

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

Housing Application Assistance (CHAMP)

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

Legal Services

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

The “Are You OK?” Program

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

Need a Walker, Shower Chair or Other Equipment?

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

You Can Help Prevent Elder Abuse and Neglect

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

THANK YOU FROM THE FRIENDS! YOUR SUPPORT MAKES A DIFFERENCE

Friends of the Millis Council on Aging

President: Steve Howie
Vice President: Wayne Carlson
Secretary: Kristi Christman
Treasurer: Brooks Corl
Members: Ruth Doliner
Lenny Forman
Carole Greco
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.



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 ~ Richard & Linda Jones ~ Helen Lambropoulos ~ JoAnn Dolphin ~ Charlene Howley ~ Debbie Roman ~ Joann Bruce ~ Virginia Morfopoulos & Emmanuel Morfys ~ Cindy Carbeau ~ Amy & John Larkin ~ Carol Malouf ~ Elizabeth Rectanus ~ Susan Steele ~ Marvin Strong ~ Nan Lamm ~ Nancy & Francis Porter ~ Joan & Walter Shea ~ William Allen ~ Amy Meterparel ~ Charles & Ellen Wainwright ~ Richard and Ellen Horton ~ M. Paula Norton ~ Prabhu Swaminathan ~ Thomas & Meredith St. Sauveur ~ Carole Greco

A donation in memory of Hank & Therese Perciaccante from: Kateryn & George Reebe and Michael & Susan Perciaccante

A donation in memory of JoAnne & Ernest (Ernie) Brodeur from: Kateryn & George Reebe

A donation in memory of Ronald Greco from: Carole Greco



### In Memory

Dorothy T. Small ~ Frank Rezzuti ~ Ronald D. Greco



### 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

US POSTAGE  
PAID  
NON-PROFIT  
Millis, MA  
PERMIT NO. 17

January 2024

Happy  
New  
Year!

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!