



The Millis Council on Aging COALition

MAY 2024 HAPPENINGS!

**MILLIS
COUNCIL ON AGING**

**PHONE
(508) 376-7051**

www.millisma.gov/council-aging

HOURS

Monday-Thursday

8:30 AM—4:00 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

Transportation Coordinator: 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: 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 education and referral to 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.

Celebrating Older Americans Month!



POWERED BY CONNECTION: MAY 2024

Powered By Connection says it all! Whether you come to the Senior Center for coffee and a donut, to attend a lecture or an exercise class, participate in a bingo, cribbage, mahjong, or rummikub game, share your skills with sewers, needleworkers, artists, or other crafters, or come by for support of a pressing issue, we are all powered by the connection of community. By celebrating Older Americans Month, we all emphasize the profound impact of meaningful interactions and social connection on the well-being and health of older adults in our community.

Cheers!

Anne-Marie & Staff

Anne-Marie Gagnon, Director
Email: agagnon@millisma.gov

CALLING BRIDGE PLAYERS! INSTRUCTION PROVIDED

We are considering starting a Bridge program at the Senior Center. If you would like to participate, either as a player or to help as an instructor, please call the center at (508) 376-7051 to be added to the interest list. We have just begun to explore starting a program so any suggestions that you may have will be helpful. This program will likely run on Tuesdays at 1:00 PM.

WANT TO LEARN CRIBBAGE?

Our Cribbage players are looking for new members to join their Monday and Friday morning games. Drop-in from 9:30-11:30 to play. Instruction provided if you would like to learn.

LUNCH & LEARN MUSIC IN DEMENTIA

Dr. Randi Lebar will join us to share her experiences with her mother's mental decline and the power of music in her mother's life. Her mother, a concert pianist, now lives with dementia. We will learn how the power and magic of music has helped in their journey. Sponsored by the Friends of the Millis COA. Free.

Wednesday, May 29 at 11:00 AM

MARK YOUR CALENDAR!

**Annual Town Meeting: Tuesday, May 7
7:30 PM, M/HS Auditorium**

Annual Town Election: Monday, May 13

UPCOMING EVENTS

EXPLORE ARCHAEOLOGY with Susan Steele—Last Class

Archaeologists study the physical remains of the past as a path to understanding human culture. Join Susan Steele on May 1 for the last presentation of this 12 week series. She will return on June 5 and 12 to discuss World War II, D-Day and the Ghost Army.

Wednesday: May 1; 11:00 AM-12:15 PM

PAINTING WITH AMY ADAMS

Local artist Amy Adams returns for another session of guided painting. Paints and canvas provided. All skill levels welcome. With thanks to the Millis Cultural Council for supporting this event. Free.

Friday, May 10, 10:30 AM-12:30 PM

Call to pre-register (508) 376-7051 by May 6.

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, May 13 at 11:00 AM

Pre-register by calling the Senior Center by May 9

IN CELEBRATION OF MOMS: BRUNCH & MUSIC

All are welcome, as we all know a mom to love! Joining us will be harpist Shelley Otis to talk about her instrument and to share her music with us. Brunch served. Free.

Tuesday, May 14 at 12:00 PM, Sign up: (508) 376-7051

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 monthly offering.

Tuesday, May 14 this month!

Time: 12:00 PM

LUNCH & LEARN: MILLIS THEN AND NOW

Join special guests from the Millis Historical Commission as we take a look back at what Millis looked like in the 40s, 50s and 60s. Bring your questions and your memories to share! Sandwiches.

Wednesday, May 15 at 11:00 AM. Free.

Call to pre-register (508) 376-7051 by May 10

MILLIS COMMUNITY HEALTH FAIR by the Board of Health

Saturday, May 18 from 10 AM-1 PM

Veterans Memorial Building Gym, Free.

MILLIS MEMORY CAFÉ—May event at the Senior Center

The Millis Memory Café is a welcoming opportunity for families and their loved ones living with memory changes to gather for conversation, guest musician or artist, and refreshments. Usually hosted at the library, the May café will be at the Senior Center. All are welcome! A musical guest will be joining us. Free.

Date: Monday, May 20 at the Senior Center

Time: 10:30 AM—Noon

LUNCH & LEARN: MUSIC IN DEMENTIA

Dr. Randi Lebar will present an inspirational talk about the wild ride she has taken with her mother, pianist Elaine Lebar, who went viral on TikTok in 2020. Focusing on the power of music in dementia, she will share her experience of her mother's mental decline and their relationship. Don't miss this! Sandwiches and light fare. Sponsored by the Friends of the Millis COA. Free.

Wednesday, May 29 at 11:00 AM

Call to pre-register (508) 376-7051 by May 22

Drop-In Fitness

Call the Senior Center for details & class descriptions.

TAI CHI with Tony Berg

Tuesdays at 9:00 AM in the Gym

Cost: \$3 per class.

SEATED STRENGTH and BALANCE with Pearl Pressman

Wednesdays at 2:00 PM in Room 18

Cost: \$3 per class.

DANCE FUSION

Thursdays at 9:00 AM in the Gym

Cost: \$3 per class.

STRETCH & FLOW YOGA with Holly Davenport

Adaptable for everyone! Use a chair or bring your own mat.

Fridays at 9:30 AM in Room 103

Cost: \$3 per class.

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.

MILLIS COA FITNESS ROOM

Bring a friend and check out the Senior Center Fitness Room with treadmills, bikes, elliptical, and 7 piece hydraulic circuit training station. to the Friends of the Millis COA, the annual fee for Millis residents is now only \$50, and \$100 for non-Millis participants.

YMCA ENHANCE FITNESS ends this month on May 15.



TRANSPORTATION



SENIOR 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. **MAY 9 and MAY 23.**

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.

WEEKLY GAMES & GROUPS

CRIBBAGE

Come join our Cribbage group **every Monday or Friday from 9:30AM-12PM**. Instructors are available either day.

MAHJONG!

Wednesdays at 1:00 PM. Beginners welcome! Instruction offered.

RUMMIKUB

Mondays from 1:00 PM-3:00 PM

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 to the Friends of the Millis COA for supporting this!

SEW & STITCH GROUP

New & seasoned sewers and crocheters welcome. Materials and guidance provided for special bears project for charity.

Mondays at 1:00 PM and Drop-In Sew on Thursdays at 1 PM

CRAFTY LADIES Tuesdays at 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 at 10:00 AM

TRIPS! Sign-Up Today!

Via Bloom Tours

Travel with us! Payment required upon sign-up. Make checks payable to Friends of the Millis COA. For additional details, call the Senior Center at (508) 376-7051.

Summer Fun on the Water:

June 20: Cape Cod Canal Cruise with lunch at Dan'l Webster Inn



Join us on Cape Cod Canal's only historic sightseeing cruise! Featuring live narration about the fascinating history and points of interest along the Canal, including Massachusetts Maritime Academy, Sagamore Bridge, Bourne

Bridge, Vertical Lift Railroad Bridge, Gray Gable, Herring Run, Aptucxet Trading Post, Scusset Beach Fish Pier, Sandwich Boat Basin and Cape Cod Bay. After our excursion we will head for lunch at The Dan'l Webster Inn in Sandwich, MA. *Includes: Roundtrip Transportation, Cruise & Lunch. \$132.00. No refunds after May 19. Leaves COA 7:45 AM. Returns 6:00 PM.*

Fall Leaf Peeping:

October 24: Parker' Maple Barn in Mason, NH & Averill Winery



Join us for a delicious day at Parker's Maple Barn in Mason, NH. We will feast on a fantastic brunch that will include fresh maple syrup, maple ham, pancakes, eggs and more. After brunch, we will take a tour of the facility

where we will learn about the sugaring process & how maple syrup is made. You will have time to shop in their store to bring home a taste of NH. After brunch, we will take you to Averill Winery for a wine tasting. *Includes: Roundtrip Transportation, Brunch & Wine Tasting. \$122.00*

WELLNESS

PODIATRY CARE

Call Main Street Podiatry for a home visit or to schedule an office visit. *Phone: 508-533-3500*

BLOOD PRESSURE CHECKS

Visit the Center to have your blood pressure checked by our volunteer nurse. **Thursdays from 11-11:30 AM, Free**



MEDICARE SCAM CALLERS ARE OUT THERE! BEWARE!

Don't Fall for This!

"I just got a call from a scammer telling me that I was eligible for the 'upgraded Medicare Card' and all I had to do was verify the dates for Medicare Parts A&B with my Medicare Number and a new card would be sent to me." **THIS IS A SCAM!** Just hang up. Do not start a conversation with the person. If you have questions, please call the Senior Center and make an appointment with the SHINE Counselor. We are here to help!

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.

COMMUNITY FOOD RESOURCES



Questions about Your Meal Delivery?

Call: (508) 376-7056

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 (781) 784-4944

Managed by HESSCO Elder Services, hot noon-time meals are delivered to homebound seniors Monday–Friday. Call HESSCO at (781) 784-4944 for details or to become a driver!

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**. Items are free.

Dates: Tuesdays: May 7, 14, 21

Memorial Day Holiday Week: Thursday, May 30

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!

We Celebrate Older Americans Month Every Day!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>May 2024</i>		1	2	3
MILLIS COUNCIL ON AGING 900 MAIN STREET Lower Level MILLIS, MA 02054 (508) 376-7051	SENIOR CENTER & FITNESS ROOM HOURS M/T/W/TH 8:30 AM-4 PM F 8:30 AM-12:30 PM	9-4 Fitness Room 9:00 Enhance Fitness 11:00 Explore with Susan 1:00 Pond Ladies 1:00 Mahjong 2:00 Seated Strength <i>There is still space on our Cape Cod Canal Cruise trip on June 20. Call for more info!</i>	9-2 Fitness Room 9:00 Dance Fusion 10-1 SHINE Appts 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo 1:00 Sew & Stitch	9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga (Room 130)
6	7	8	9	10
9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 1-3 RUMMIKUB 1:00 Sew & Stitch	9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies 7:30 PM: Annual Town Meeting (M/HS Auditorium)	9-4 Fitness Room 9:00 Enhance Fitness 10:00 FRIENDS Meeting 1:00 Pond Ladies 1:00 Mahjong 2:00 Seated Strength	8:00 Market Basket Trip 9-2 Fitness Room 9:00 COA BOARD MEETING 9:00 Dance Fusion 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo 1:00 Sew & Stitch	9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga (Room 130) 10:30 Paint Party with Amy Adams!
13	14	15	16	17
TOWN ELECTION! 9-4 Fitness Room 9:30 Cribbage 11:00 Pizza & Prevention 1-3 RUMMIKUB 1:00 Sew & Stitch	9-4 Fitness Room 9-10 Tai Chi CANCELED 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies 12:00 TECH TIME! 12:00 CELEBRATE MOMS	9-4 Fitness Room 9:00 LAST Enhance Fitness Class 11:00 Lunch & Learn: Millis Then and Now 1:00 Pond Ladies 1:00 Mahjong 2:00 Seated Strength	Castle Island Trip 9-2 Fitness Room 9:00 Dance Fusion 10-1 SHINE Appts 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo 1:00 Sew & Stitch	9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga (Room 130)
20	21	22	23	24
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27	28	29	30	31
MEMORIAL DAY SENIOR CENTER CLOSED	9-4 Fitness Room 9-10 Tai Chi with Tony NO Lovin' Spoonfuls 9:30-12 Crafty Ladies	9-4 Fitness Room 11:00 Lunch & Learn: Music In Dementia 1:00 Pond Ladies 1:00 Mahjong 2:00 Seated Strength	9-2 Fitness Room 9:00 Dance Fusion 10:00 LOVIN SPOONFULS 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo 1:00 Sew & Stitch	9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga (Room 130)

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!



POWERED BY CONNECTION: MAY 2024

THANK YOU FROM THE FRIENDS! YOUR SUPPORT MAKES A DIFFERENCE!

Friends of the Millis Council on Aging

President: Kristi Christman
Vice President: Wayne Carlson
Secretary: Susan Steele
Treasurer: Brooks Corl
Assistant Treasurer: Ed Koman
Members: Ruth Doliner
Lenny Forman
Helen Humphrey

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? Call Kristi Christman at (508) 577-8856.

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.

Anonymous ~ Lorraine Lipsett ~ Barbara Caissie ~ Michelle Lipsett ~ Ramon Garcia Jr. ~ Patty Lipsett-Wilson ~ Carol B. Mushnick ~ Deborah Whitney ~ Catherine Clancy ~ Diane Fleming ~ Wendy Joseph ~ Kathy Stevens ~ Elizabeth Tolley ~ Edward Steiman ~ Barbara Mariotti ~ Ramon Garcia Jr. ~ Tom & Ann Marie Demlein

In Celebration of Life by Wayne & Kathryn Carlson
In Celebration of Aging Gracefully by Debbie Merrill
In Memory of Steven Gold by Anita Gold

In Memory of J. Steven Howie by Charles & Michele Mosher
In Memory of Howard Ingraham by Nancy Tate
In Memory of Howie & Dottie Ingraham by Lorraine & Michelle Lipsett
In Memory of Howie & Dottie Ingraham by Patty Lipsett-Wilson
In Memory of Leo F. Larrivee by Barbara Larrivee
In Memory of Louisa Marshall Santos by Joan Kelly



In Memoriam

James Butler
Trudy Cameron
Maria Chrisidis
Patricia Gillis
Ellen Maraggio
Hugh Mick

As Seen Around the Senior Center





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

For More Information



Follow us on Facebook
www.facebook.com/milliscouncilonaging



Find more about the Council on Aging on the Millis Town website: www.millisma.gov/council-aging

Or Just Call and Ask Us! We're here to help! (508) 376-7051

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.

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 for availability.

LOOKING AHEAD

Lunch & Learn: Let's Travel to Hawaii

Celebrating Dads with Food & Fun

Spring into Summer Walking Group

Summer BBQ

Frauds and Scams Prevention

Flower Arranging and More!

Millis Board of Health

COMMUNITY HEALTH & WELLNESS FAIR

Screenings and Information

Stop by the Council on Aging table and say Hello!

Saturday, May 18
10:00 AM to 1:00 PM

Veterans Memorial Building Gym

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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PERMIT NO. 17

May 2024

Celebrate Older
Americans
Month with us!

Lunch & Learn:
Millis Then and
Now

Memory Café.

Painting with
Amy Adams

And More!

See you at the
Senior Center!