



# The Millis Council on Aging COAlition



## October 2023 HAPPENINGS!

**MILLIS  
COUNCIL ON AGING**

**PHONE:  
(508) 376-7051**

**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**

The Millis Council on Aging (COA) is 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 services. The COA also provides transportation for seniors and persons with disabilities, hosts the local HESSCO Meals on Wheels program, offers referrals and information, and provides application assistance for the Fuel Assistance Program, SNAP, the Millis Fund and various other federal, state and local assistance programs.

*Fall Greetings!*

As we welcome the fall season and witness the changes in the outdoor temperatures and the foliage, there have been changes taking place at the Senior Center too. We have rearranged some rooms along with staff work space to provide more areas for programs to better serve you. Please accept our thanks for your patience while the place was in disarray last month, but now we have a new multipurpose room, new administration area, and a new space for Candy's Corner. We are very excited about what these improvements will offer to all of us. We hope you'll stop in and let us know what you think!

We are pleased to offer a new exercise class, Seated Strength and Balance with Pearl Pressman, on Wednesdays at 2:00. We know this is an unusual time for exercise, but it is a seated class with lots of gentle stretching and strength training from the comfort of a chair. Rummikub players can now find a growing group playing the game on Mondays at 1:00. We will be offering four weeks of Enjoyment of Music hosted by our own Lenny Forman. On October 11, the Millis Public Health Department will be offering a Flu Clinic with the high-dose vaccine for seniors, and our SHINE counselor, Brian Murphy, will be launching Medicare Open Enrollment with a presentation, "Medicare 101." Finally, we will be celebrating the season with a Harvest Celebration on October 30 with music and light refreshments in the gym.

Thank you all for your continued support and interest in our Senior Center. Please remember to sign in at the MySeniorCenter kiosk each time you visit. I welcome your comments and encourage you to attend my monthly Community Coffee Hour. Details are inside.

Cheers!

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

## HEALTH AND WELLNESS

### New Class!

#### **SEATED STRENGTH and BALANCE**

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, Starting October 11, 18, 25**

**Time: 2:00 PM**

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

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

#### **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 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.

**This class started September 11 for 16 weeks:**

**Every Monday, Wednesday\* & Friday at 9AM in the gym**

*\*Wednesday, October 4 at 10:00 AM\**

*Note: This course is \$125, payable to the Friends of the Millis COA and reimbursable by most insurance companies.*

#### **MILLIS COA FITNESS ROOM**

**Bring a friend and check out our fitness room 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.

The room has 2 treadmills, recumbent bike, upright bike, elliptical machine and a 7-piece hydraulic circuit training station. Bring your completed application, medical release from your doctor, and then review the instructional video, all of which can be found on the COA pages at millisma.gov. The fee covers maintenance costs and related expenses. For more information call the Senior Center.

#### **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.

#### **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.

#### **SENIOR WATER AEROBICS** Cost is \$5 per visit. COA



members will have to present their Millis COA key tag at entry. Call (508) 359-7800 for more information.

**Fridays at 9:30 AM at the Kingsbury Club, Medfield**

#### **PODIATRY VISITS**

9:00 AM-11:00 AM the following Wednesdays.

Call the Senior Center to register!

**Wednesday, November 1**

**Wednesday, January 3**

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.

#### **BLOOD PRESSURE CHECKS**



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

**Thursdays from 11-11:30 AM**

#### **FLU CLINIC**

The Millis Board of Health will be hosting a flu clinic for Millis seniors. Fluzone High-Dose flu vaccine will be available. Due to the limited supply of vaccine, appointments will be required. Contact Sarah Ward, Public Health Nurse to schedule appointment. Bring your insurance card. Free.

**Wednesday, October 11**

**Time: 10:00 AM at the Senior Center**

Pre-register by calling Sarah (774) 993-8621

Email: [sward@millisma.gov](mailto:sward@millisma.gov)

## UPCOMING EVENTS

### COFFEE WITH THE DIRECTOR



Join the new Millis Council on Aging Director, Anne-Marie Gagnon, for coffee and conversation. She looks forward to meeting you!

**Tuesday, October 10**

**Time: 9:00 AM**

### NEEDLEWORKERS GROUP



Working on a needlework project but would like to do so with others who share your interest with some casual conversation? Needlepointers, knitters, crocheters, quilters, and embroiderers are all welcome. Share project tips and some fun together.

**Thursdays: October 5, 12, 19, 26**

**Time: 10:00 AM**

### ICE CREAM SOCIAL

Who says ice cream is just for summer? Join us for an ice cream social and some sweet conversation. Free.

**Tuesday, October 17**

**Time: 12:15 PM**

**Pre-register by calling the Senior Center by October 13.**

### BASKET WEAVING CLASS



Lynn Goldberg returns for another session of basket weaving. You will learn basic basket structure and techniques to make a square basket. Bring a towel as you will be working with some damp materials.

**Monday, October 23**

**Time: 12:00 PM—4:00 PM**

**Cost: \$10 (\$25 for non-Millis residents)**

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

*Please make checks payable to Friends of the Millis COA*

### CRAFTY LADIES

Calling all crafty seniors who are interested in weekly creative craft projects and lively conversation. This group works on various seasonal projects and often makes items for our local home-delivered meals recipients and others.

**Tuesdays, October 3, 10, 17, 24, 31**

**Time: 9:30 AM**

### ENJOYMENT OF MUSIC



Sing, dance, yell if you want! Join COA member Lenny Forman for a weekly fun selection of music and musical trivia. Each week will explore a different genre: big bands, showtunes, favorite male and female singers, and classical selections. Bring your dancing shoes!

**Wednesdays: October 4, 11, 18, 25**

**Time: 11:00 AM**

### FALL INTO READING BOOK GROUP



What favorite author will you be reading this season? Come and share your reviews and comments at this 'interest meeting' as we discuss favorite titles to add to your 'book bag'! Hosted by Patsy Divver. All are welcome!

**Tuesday, October 24**

**Time: 12:00 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, October 30**

**Time: 11:00 AM**

**Pre-register by calling the Senior Center by October 25.**

### COA HARVEST CELEBRATION!



Join us in the gym for a festive afternoon of music from the 40s, 50s and 60s by Barbara C., dancing, light refreshments, laughter and fun.

**Monday, October 30**

**Time: 1:00 PM—3:00 PM in the Gym**

**Cost: \$3.00**

**Pre-register by calling the Senior Center by October 20.**

### TAXES & EXEMPTIONS Q&A with TOWN ASSESSOR

**\$\$** Bring your property tax questions to this informative presentation by our town Assessor, Teresa Gonsalves. She will provide information about all of the exemptions available to senior homeowners.

**Tuesday, October 31**

**Time: 11:00 AM**

**Pre-register by calling the Senior Center by October 25.**

## 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!

## FOOD RESOURCES



### **SEEKING MEALS ON WHEELS DRIVERS** for Tuesdays and Thursdays **Questions?**

Call Kathy O'Neil, HESSCO Kitchen, at (508) 376-7056

### **NEW! THURSDAY BREAKFAST PROGRAM by HESSCO**

At the Millis Senior Center, start your day 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 the Senior Center (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** through HESSCO Elder Services, delivers meals to homebound seniors Monday–Friday. Kathy O'Neil of the HESSCO Kitchen manages the program. Call HESSCO at (781) 784-4944 or see Kathy at the Senior Center.

**\$50 FARMERS' MARKET COUPONS** through HESSCO Elder Services. Receive \$50 towards farmers' market purchases. Income eligibility requirements apply. Call (508) 376-7056.

### **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.

## TRANSPORTATION

### **SENIOR VAN SCHEDULE** **FOR MILLIS RESIDENTS**

Monday-Thursday 8AM-2PM & 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:** 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 within Millis/Medfield

\$3 Medway/Bellingham/Milford/Franklin

\$5 Framingham/Norwood/Natick

\$10 Newton/Dedham/Wellesley

\$25 Boston

Suggested donations are waived for Veterans.

Please call about rates to other towns.

*Please be aware that we cannot provide repetitive trips.  
Medical appointments take priority over all 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.

The Senior Center van can provide a ride to the Food Pantry on the first and third Wednesdays. You must call the Senior Center in advance for a ride. Please note that drivers provide limited assistance with bags. (508) 376-7051



### **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!

<b>MONDAY</b> <i>October 2023</i>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>2</p> <p>9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 1-3 RUMMIKUB</p>	<p>3</p> <p>9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies</p>	<p>4</p> <p>9-4 Fitness Room 10:00 Enhance Fitness 11:00 <i>Enjoyment of Music</i> 1:00 Pond Ladies</p>	<p>5</p> <p>9-2 Fitness Room <b>10-1 SHINE Appts.</b> 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab &amp; Go Lunch 12:15 Super Bingo</p>	<p>6</p> <p>9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch &amp; Flow Yoga</p>
<p>9</p> <p><b>SENIOR CENTER CLOSED</b></p> <p>Columbus Day</p>	<p>10</p> <p>9-4 Fitness Room <b>9:00 Coffee with the Director</b> 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies</p>	<p>11</p> <p>9-4 Fitness Room <b>9:00 New Time! Enhance Fitness</b> <b>10:00 Senior Flu Clinic</b> 11:00 <i>Enjoyment of Music</i> <b>1:00 SHINE: Medicare 101</b> 1:00 Pond Ladies <b>2:00 NEW! Seated Strength</b></p>	<p>12</p> <p>8:00 Market Basket Trip 9-2 Fitness Room <b>9:00 COA BOARD MEETING</b> 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab &amp; Go Lunch 12:15 Super Bingo</p>	<p>13</p> <p>9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch &amp; Flow Yoga</p>
<p>16</p> <p>9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 1-3 RUMMIKUB <b>1:00 Games Group</b></p>	<p>17</p> <p>9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies <b>12:15 Ice Cream Social</b></p>	<p>18</p> <p>9-4 Fitness Room 9:00 Enhance Fitness 10:00 FRIENDS MEETING 11:15 <i>Enjoyment of Music</i> 1:00 Pond Ladies <b>2:00 NEW! Seated Strength</b></p>	<p>19</p> <p>9-2 Fitness Room <b>10-1 SHINE Appts.</b> 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab &amp; Go Lunch 12:15 Super Bingo</p>	<p>20</p> <p>9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch &amp; Flow Yoga</p>
<p>23</p> <p>9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage <b>12-4 Basket Weaving Class</b> 1-3 RUMMIKUB</p>	<p>24</p> <p>9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies <b>12:00-1:30 BOOK CLUB</b></p>	<p>25</p> <p>9-4 Fitness Room 9:00 Enhance Fitness 11:00 <i>Enjoyment of Music</i> 1:00 Pond Ladies <b>2:00 NEW! Seated Strength</b></p>	<p>26</p> <p>8:00 Market Basket Trip 9-2 Fitness Room 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab &amp; Go Lunch 12:15 Super Bingo</p>	<p>27</p> <p>9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch &amp; Flow Yoga</p>
<p>30</p> <p>9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage <b>11:00 Pizza &amp; Prevention</b> 1-3 RUMMIKUB <b>1:00 Harvest Celebration</b></p>	<p>31</p> <p><b>HAPPY HALLOWEEN!</b> 9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls <b>11:00 Meet the Assessor</b> 9:30-12 Crafty Ladies</p>	<p><b>MILLIS COUNCIL ON AGING</b>  900 MAIN STREET Lower Level MILLIS, MA 02054  (508) 376-7051</p>	<p><b>FREE BAKED GOODS AVAILABLE* EVERY DAY 8:30 AM—12:00 PM</b>  <b>FREE FRESH FOOD ITEMS AVAILABLE* TUESDAYS &amp; THURSDAYS 9:30 AM—11:00 AM</b> *While supplies last.</p>	<p><b>MEALS ON WHEELS QUESTIONS? HESSCO Kitchen</b>  (508) 376-7056</p>

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 MillisCouncilOnAging



## Medicare Open Enrollment Begins October 15<sup>th</sup>

### Medicare 101 Information Session—

This presentation covers the basics of Medicare, enrollment periods, and supplemental insurance to Medicare Parts A+B. The people in attendance

will leave with an understanding of how Medicare and additional insurances work together, where you can look for additional insurance coverage offered in your area, and you will gain an understanding of the monthly cost of health insurance in retirement. For attendees on Medicare, this is a good chance to review your current insurance and consider if you want to make a change during the upcoming Open Enrollment Period.

The estimate time of the presentation is 45 minutes with additional time for questions. This session will take place in the Senior Center at the Veterans Memorial Building, 900 Main St, Millis, MA 02054, presented by Shine Counselor – Brian Murphy.

**Date: October 11, 2023**

**Time: 1:00 PM**

**Call: (508) 376-7051 to reserve your seat!**

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.

**Don't Delay—Make Your Appointment Today!**

**Medicare Open Enrollment**

**October 15—December 7**



### **The Tribute Garden**

Have you noticed the garden at the entrance to the Senior Center? It's now full of beautiful new plants and decorative stepping stones! Thank you to everyone who helped to plan the special project and who donated to the effort. Special thanks to Barbara Chotkowski and Jodie Knehr for all of their time working on the garden, to the Crafty Ladies for making the stones, and to DPW for their assistance. It has made the entrance so welcoming.

### **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.

**Monday, October 23 at the Library**

**Time: 10:30 AM—Noon**

### **MILLIS PROPERTY TAX WORK OFF PROGRAM**

Senior and Veteran Homeowners: Consider volunteering in a Millis town department and reduce your tax bill by up to \$1,500. Call the Senior Center at (508) 376-7051 or the Veterans Services Officer for more information, eligibility requirements and an application. Applications are now open. The program runs December 1 to September 30. If you are currently in the program, you will need to reapply to continue. On behalf of all the town departments, thank you!

### **SEEKING YARN DONATIONS**

Have yarn in good shape that you'd like to pass along? Kindly drop it at the Senior Center and our needleworkers will put it to good use. Thank you!

### **CANDY'S CORNER UPDATE**

*Thank You*



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. Thank you also to our volunteers who maintain the space!

We are currently accepting only small items in nearly-new condition. You may drop them at the front desk with the receptionist. Thank you!



**The HESSCO AGE WELL CONFERENCE**

A conference to give older adults and caregivers information on healthy aging.

**October 4, 2023**

**9:00 AM—2:30 PM**

Lake Pearl Luciano's

299 Creek Street, Wrentham, MA

Admission is \$15 and includes continental breakfast and lunch, relaxation activities, exhibitor fair, and speakers about mindfulness, gratitude, health and wellness issues and more! RSVP by calling HESSCO at (781) 784-4944

**ASSISTANCE**

**We Can Help!**

**Call the Senior Center at (508) 376-7051**

Fuel Assistance (LIHEAP)

SNAP (Food Stamps)

MassHealth

SHINE Counseling about Medicare

Durable Medical Equipment  
(Walkers, Shower Chairs, Canes, Commodes)

Housing and Legal Resources

Referrals to HESSCO Elder Services

Applications to The Millis Fund

Information about other Local Senior Services

*Many thanks to those who support our activities through dues and donations to the Friends of the Millis Council on Aging, and contributions to Candy's Corner. Your support makes the difference. Thank you!*



Suzanne Pogodinski ~ Yelena Kruss ~ Melissa Rolls ~ Elena Costa ~ Joan & Alan Uliss ~ John & Geri Sprague ~ Robert & Ronda Matson ~ Jean Gruhn ~ Charles & Michele Mosher ~ Carole Cody ~ David & Kathy Andrews ~ Thomas Frasca ~ Susan & Zak Cramer ~ Bryan Riley

A Donation in memory of Leo C. Braun was received from: Richard & Kathy Braun

A Donation in memory of Marta McKenny was received from: Patrick McKenny

A Donation in memory of Robert E. Thompson was received from: Jeanne Thompson

A Donation in memory of former Friends of the Millis Public Library members: Peter Bosse, Natalie Bosse, Paul Neeson, Carol Neeson, Janice Simpson, Beverly Temple, Leesa Themistocles, and Bob Whitman was received from: Jennifer & Arthur Payne

A Donation in memory of Virginia Sherrick was received from: David & Kathy Andrews

A Donation in memory of Jane Frasca was received from: Thomas Frasca



***In Memory of:***

*Ralph Whelihan Jr. ~ Balvir Kaur ~ Bob Doucette ~  
Joel Lamoureux ~ Robert H. Bellan*

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 need, 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:

**Millis Council on Aging**

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

**Staff (508) 376-7051**

Director: Anne-Marie Gagnon, MSW  
 Transportation: Rochelle Bunt  
 Department Assistant: Andrew Lizardi  
 Outreach Worker:  
 Drivers: Robert Daly Herbert Lannon, Jr.  
 Richard Posklensky Jack McBrien  
 HESSCO Kitchen: Kathy O'Neil

Millis Council on Aging  
900 Main Street  
Millis, MA 02054

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**Council on Aging Board Members**

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 Vice Chair: Herbert Lannon, Jr.  
 Secretary/Treasurer: Elizabeth Derwin  
 HESSCO Representative: Elizabeth Derwin  
 Member: Joyce Boiardi  
 Member: William Brown  
 Member: Helen Daly  
 Member:

**Friends of the Millis Council on Aging**

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