



Hadley Senior Community Center Newsletter

Nov, Dec '14 / Jan '15

Coming in January!

Stanford University's Evidenced Based Workshop Series 'Chronic Disease Self-Management'

Start the New Year taking control of your health! Jan. 16 through Feb. 17 from 12:30pm-3pm. If you have been diagnosed with high blood pressure, heart disease, fibromyalgia, arthritis, chronic pain or another chronic condition- this is for you! Program is limited to 20 participants. Call early to reserve your space.

The Chronic Disease Self-Management Program is a workshop given two and a half hours, once a week, for six weeks. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic diseases themselves.

Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) decision making, and, 7) how to evaluate new treatments.

It is the process in which the program is taught that makes it effective. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Each participant receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions*, and an audio relaxation CD, *Relaxation for Mind and Body*.*

SAVE THE DATE! Friday Dec. 12 will be our Holiday Party. Details to follow.

Work Zone - Drainage work will be beginning on the North and South sides of the building shortly. In and out traffic will be modified during this time. Please be aware and proceed through the parking lot slowly. This work will prevent the water /mold issue the north wall has experienced in the past. Thank you, in advance, for your patience.

A Message from the Fire Department and Emergency Management:

Dear Hadley Residents,

This letter is to inform you that we will be activating the Blackboard Connect system on our Town website within the next month. This system will notify everyone via telephone message, with important information – increasing our effectiveness for emergency notifications. Some of you may have heard of this system referred to as a “reverse 911.” This will enable us to notify residents of inclement weather, hazardous traveling conditions and/or other local or state emergencies. To register you may call or go online. Please go to the Town of Hadley website at www.hadleyma.org, there will be a link on the left hand sign of the home page. If you click that blackboard icon, it will allow you to provide us with your most up to date information. To register by phone or email, or if you have any questions, contact the Hadley Fire Department Office Manager Taryn Harriman at 413-584-0874 x 23 or email business@hadleyfd.com

Health and Safety

From The Town Nurse:

Marge Bernard, RN has office hours every Wednesday at the Senior Community Center from 8am to noon. She is available to do blood pressure and glucose checks, and to answer general questions. The nurse's office also has varied donated medical equipment items available for loan to anyone that has a need. There is no charge. All that is required is to sign out what you take and upon return, leave a note describing what you returned. The nurse's office hours are on Wednesday mornings, but you can also access equipment with the help of the COA staff throughout the week. You may want to call ahead to be sure that you are looking for is available. 586-2513 or 586-403. Typical items available are:

- traditional canes & quad canes, crutches, walkers & walker baskets,
- grip & grab reachers, wheelchairs,
- bath benches & transfer benches,
- bedside grab rail handles & toilet safety frames, commodes & raised toilet seats,
- Some incontinence items.

The nurse also provides appropriate sharps disposal containers to residents and will accept filled containers for disposal.

The Flu Clinic was held on October 22, if you missed it and still need to get the flu shot please call The Town Nurse, Marge Bernard at 586-2513. She will make it available during her Wednesday morning office hours from 8-noon, as long as she has enough supply. *Thank you's* go out to all that helped and sponsored the flu clinic and health fair: Town of Hadley Dept. of Health, Debcor Homecare, for the glucose testing, blood pressure and ear checks, the nurses who volunteered their time away from their busy schedules to administer the vaccine, Calvin Coolidge Rehab, for the goodies, freebies and information on their facility, and the Fire Dept. for being available to update your information for the new town-wide emergency notification system.

LAST CALL!

Medicare Open Enrollment: Until Dec. 7

Don't miss your opportunity. If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should have received the information that outlines changes to be made to your plan starting in January: *it is important to review, understand and save this information.*

Why would you want to change plans? Several scenarios could lead to looking at other plans, such as:

- After reviewing your plan you find that your current medication is no longer going to be covered
- The premiums are being raised and there might be cheaper options with comparable coverage
- The current copays are being raised and the plan offers less coverage than it did a year ago.

During **Medicare Open Enrollment**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Her schedule is getting full. Please don't wait to until the last minute to make an appointment with our SHINE counselor, call 586-4023.



The Lion's Club Eye and Ear Mobile

is sponsoring free testing during the Annual Craft Fair at the Wesley United Methodist Church, Saturday Nov. 8th 9am-3pm at **98 N. Maple St. Hadley. Take advantage of this free eye and ear screening**, grab a delicious hot lunch or home-made pie, and visit the craft vendors.

Health and Safety

Light Dancercise:



Friday mornings at 10am with Lynne Nicole Smith.
New 10 week session

Starts Nov. 7 through Jan. 23 (no classes Fri. 11/28 or 12/26.) This aerobic workout integrates dance, balance, and light hand weights for those of you looking to step up your fitness routine.

\$30 for 10 weeks, or \$5 per 'drop in' class.

Program is partially funded through the EOE.

Never tried this class before? Your First time is FREE!!! Bring a Friend.

Tai Chi

Taught by Bai Ling Li of the School of Tai Chi. 12 week Session starts Monday Dec. 8 at 1:30pm. \$36 for the 12 week session, payable on the first class. This program is partially grant funded from the Executive Office of Elder Affairs.

Yoga, stretch, flex & breathe

Wednesday mornings at 9:15, ongoing.

Great class for all levels. This is the class you might be intimidated to try, but end up being definitely glad you did! Always wanted the benefits of yoga, but thought you weren't flexible or strong enough to manage? We have folks that use walkers or canes, but adapt everything to their abilities and swear this class makes a difference for them. To top it all off; it's free. Thank you volunteer leader Ed Golding.

Have you heard of M.O.L.S.T?

The MOLST form is the Massachusetts Medical Orders for Life-Sustaining Treatment.

- What is the MOLST form?
- Who should I discuss the MOLST with before answering the questions?
- How is it different than a Healthcare Proxy?
- Who should fill out a MOLST?

Find out the answers to these and other questions **November 14 at 12:10 at the Hadley Senior Community Center.** Hand-outs provided.

Kathy Stosz has been a geriatric nurse for over 20 years. Currently she works for Berkshire Healthcare as Clinical Reimbursement Director, specializing in Medicare regulation at the skilled nursing facility level. She has presented on numerous topics to seniors over the years, including medical conditions such as Diabetes, Osteoporosis, Arthritis, Macular Degeneration, etc., as well as Medicare and Advanced Directives.

Complementary Therapy

Lunch and Learn

Join us for lunch on Tuesday December 2, followed by a presentation from Candice Conway of Calvin Coolidge Nursing and Rehab Center as she discusses alternative therapies, such as: Reiki, aromatherapy, herbs, and more. Call us to reserve no later than November 26 if you'd like to join us for lunch at 11:45, or you come just for the presentation at 12:10pm.



Cooking Demonstration

Join us on Thursday January 8 at 10:45 (following Osteo Exercise) as the Nutrition department at Calvin Coolidge Nursing and Rehab gives a cooking demonstration and gives pointers on 'cooking healthy'.



Fireman's Spaghetti Dinner A great Success!



Friday September 26th Fire Chief Mike Spanknebel, department volunteers Peter Venman and Alex Dwyer (not pictured), did an outstanding job cooking and serving a spaghetti dinner for us.



Not only were the cheese/crackers and fruit hors d'oeuvres delicious, but they also brought a beautiful display of mums, wine, and smoke and carbon dioxide detectors for door prizes.



Thank you!

To the following people for their contributions, either through donations, volunteerism, or in-kind gifts to the Hadley Senior Community Center: Leo Carney, Margaret Riley, The Young Mens' Club, The Lady Bugs, Hadley Garden Center, Jane Wagenbach Booth, Wanda Cooke, Hadley Board of Health, and the Hadley Fire Dept.

How Come I'm Just Hearing About Long-Term Care? (Insurance)

Join us in January for a presentation explaining what? Why? And how much? (Date to be announced later)

“Long-term care is new and that's simply because we're living longer lives, into our 80s, our 90s and even 100s. When you live a long life, chances are you're far more likely to need long-term care. The average life expectancy in the United States did not reach 65 until about 50 years ago. The average life expectancy now is well over 70 for both men and women. And, the fastest growing group in the United States is people over the age of 85. Experts estimate that by the year 2040, we will have over a million people in the United States over the age of 100. So, this is a new issue that your grandparents and (depending on how old you are) your parents didn't have to deal with. But, if you live a long life ... you're going to need to have a plan for the risk of needing long-term care.”

<http://www.aaltci.org/long-term-care-insurance/learning-center/planning-basics.php#hearing>

Around Town

The Hadley Mother's Club is holding their Annual Vendor Fair on Nov. 22 from 9am-3pm at Hopkins Academy Cafeteria. Come shop for the holidays, visit Santa, have lunch, silent auction, and door prizes. Bring a non-perishable for the Hadley Food Pantry and receive raffle tickets!

Speaking of the **Hadley Food Pantry**: all Hadley residents and neighboring towns are welcome every week. **Fill a bag, no paperwork or ID required.** For the home-bound, a bag can be delivered each week by calling Christine at 549-0259. The Food Pantry is also looking for volunteers on Sundays. Please call Christine if you are interested.

Helpful Consumer Information & Resources



Veteran's Benefits: Tom Geryk is available on Wednesdays from 10-12 at the Center. If you are a MA Veteran or surviving spouse, and have questions about benefits stop by or call 413-587-1299.

Outreach Office Hours at Windfield Senior Estates and Golden Court is held one Tuesday per month with occasional guest speakers arranged and hosted by Outreach Coordinator Elsie Waskiewicz. Please see calendars for dates and times.

PVTA

Offers para-transit van service to elderly and disabled residents. To schedule a trip within 7 days, call toll-free **1-866-277-7741**. If you have a disability that prevents you from riding the regular, fixed route buses, you may apply for ADA transportation which offers extended service hours over the regular Dial-A-Ride program. Call the number above and ask to be transferred to the ADA Coordinator.

PVTA van tickets are available for purchase at the Council office. A book of (20) \$2.50 one-way van tickets cost \$47.50.

Cost Cutting Programs and Resources

SNAP (Supplemental Nutrition Assistance Program) may help you to buy more food. Elsie can help you apply. 586-4034 or Hadleyoutreach@gmail.com

Brown Bag Nutrition Program sponsored by the food Bank of W. MA is a program that brings a pallet of non-perishables and local produce once a month, which is bagged up by our volunteers for program participants. It offers great staples for the pantry, or in a pinch, to help with grocery budgets. Call us for information.

The Hadley Food Pantry is an ecumenical project based at the Most Holy Redeemer Church that is open every Sunday from noon-1pm. For more information call Christine Cullen at 549-0259.

Take and Eat Program: Homebound elders can receive a free, hot and nutritious weekend meal on the 1st Saturday and the 2nd Sunday each month. Call Kathleen at 413-664-1041 for more information or to register.

Congregate Meals at the Senior Community Center served Monday through Friday at 11:45. Call 586-1910 two days in advance. \$2 suggested donation

Fuel Assistance: It's that time of year again. Don't wait until the tank runs down along with your heating funds. Contact us to fill out an application for Fuel Assistance.

Senior Community Center Hours of Operation: Monday through Friday, 9am-4pm.

Suzanne Travisano, Director: 586-4023 or coa@hadleyma.org

Elsie Waskiewicz, Outreach: 586-4023 or Hadleyoutreach@gmail.com

Lunch Reservations: 586-1910
(2 days in advance)

Trip Calendar November, December '14, January '15

Day Trips: To sign up for Day Trips call 586-4023

- Nov. 3, Lunch at Sullivan Station then onto the Lee Outlets. Depart at 10:30am. \$15 transportation
- Nov. 14, Smith College Mum Show and lunch at Sylvester's. depart at 9:30am. \$7 trans. & Adm.
- Nov. 23, Van trip to Back Cat Theatre to see *Bye Bye Birdie*. Depart at 1pm. \$12 trans. & Adm.
- Dec. 17, Lunch buffet at Golden Corral and then shop at Chmura's Bakery, Indian Orchard. Depart at 10am, \$7 transportation.
- Jan. 6, Lunch at Brew Master's Tavern, depart at 11am. \$7 plus lunch.
- Jan. 14, Shop at Basketville, then lunch at the Putney Diner. Depart at 9:30am, \$15 transportation.
- Jan. 26, Magic Wings Butterfly tour, then lunch at Monarch's Restaurant. 9:30 depart, tour at 10:15, then lunch cost on your own.

Trips via Travel Hosts

To schedule call travel coordinator Jane Nevinsmith at 413-586-3772

The following trips are all via motor coach. Reservations and booking is on a first-come, first-serve basis. Please contact Jane Nevinsmith at number above for reservations or questions.

- Nov. 13, Newport Playhouse (motor coach) \$99, *Brighton Beach Memoirs*, huge buffet, cabaret show after the play.

Christmas in Bethlehem, Pa

December 3 – 5, 2014 . Includes lodging, breakfasts, dinners: Tony Orlando's Great American Christmas Concert, A visit to the Moravian Museum, Bethlehem by Night Tour, Moravian Church Christmas Putz, Allentown Farmers Market and the Christkindlemarkt. \$409 per person (double occupancy)

Christmas in Newport, RI

Wed. December 10, 2014, Depart from Hadley at 7am and ride in a motor coach to tour the elaborately decorated Mansions; The Breakers and Marble House Mansion, lunch at the Atlantic Beach Club with your choice of baked stuffed scrod or Chicken Tarragon. (entrée choice in advance) \$92 per person.

Gilded Age Christmas

Mon. Dec. 15, 2014, Depart from Hadley at 7:15am. Visit the Vanderbilt Mansion decorated for the Holidays. Onto lunch at the Shadows in the Hudson, with beautiful water views. Choice of Spinach lasagna, chicken marsala or filet of sole francaise, dessert, coffee. Next visit the Roosevelt Family home and library built in 1826. \$93 pp. Payment due by Nov. 14. After due date, please inquire about availability.

Hadley Council on Aging
Senior Community Center
46 Middle Street
Hadley, MA 01035

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RETURN SERVICE REQUESTED

THE COUNCIL ON AGING OFFICE & SENIOR
CENTER IS OPEN MONDAY-FRIDAY FROM 9:00
A.M.-4:00 P.M. 586-4023 or coa@hadleyma.org

COUNCIL ON AGING STAFF MEMBERS

Senior Services Director: Suzanne Travisano
Office Management Assistant: Kathy Fiske
Community Outreach Coordinator: Elsie Waskiewicz
Clerical Assistant: Leslie Elliott
Van Drivers: Jane Nevinsmith, Dick Fydenkevez, John
Waskiewicz, Gladys Nicholson

MEMBERS OF THE COUNCIL ON AGING:

Elizabeth Faulkner, Chairperson
Glenn Clark, Vice Chair
David Storey, Secretary
Marguerite Wilson, Treasurer
George Ritter, Elsie Andrews and Marjorie Townsend

**HIGHLAND VALLEY ELDER SERVICES'
BOARD REPRESENTATIVES:**

Elizabeth Faulkner & Jack Wright

Congregate Meals, sponsored by Highland Valley Elder
Services for those ages 60+, are held every day at 11:45am,
for a suggested voluntary donation of \$2. You must call
586-1910, at least 2 days in advance, to sign up for meals.

Veteran's Services Office Hours: Wednesdays from 10-12
in the Education room at the Senior Center

Central Hampshire Veterans Services 587-1299
Highland Valley Elder Services 586-2000
S.H.I.N.E. /RX Advantage 1-800-AGE-INFO
Hampshire Elder Law Program (H.E.L.P.)—civil legal
services at no cost to low income elders 586-8729
Social Security (www.socialsecurity.gov) 1-800-772-1213
Social Security (Holyoke Office) 1-877-480-4989
Medicare (www.medicare.gov) 1-800-633-4227
Medicare Beneficiary Hotline 1-800-252-5533
MA Med Line 1-866-633-1617
Elder Abuse Hotline 1-800-922-2275
Hadley Fire Department 584-0874
Call for carbon monoxide alarm, smoke detector assistance
Hadley's Community Health Nurse, Marge Bernard, R.N.
586-2513
Hadley Housing Authority at Golden Court: 584-3868

STATE SENATOR STAN ROSENBERG may be reached
at the State House, Boston, MA 02133 (617-722-1532) or at
his district office at 1 Prince Street, Northampton (587-
6365).

STATE REPRESENTATIVE JOHN SCIBAK
413-539-6566, by mail to P.O. Box 136, So. Hadley, MA
01075, or by e-mail to Rep.johnscibak@hou.state.ma.us.

November 2014

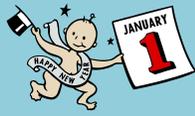
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>10:30 Trip to Sullivan Station and Lee Outlets.</p> <p>11:45 Congregate meal</p> <p>1:30 Tai Chi</p>	<p>4</p> <p>9:30 Osteo Exercise</p> <p>11:45 Lunch</p> <p>Followed by Lunch & Learn "Complementary Therapies"</p> <p>S.H.I.N.E. appointments today</p>	<p>5</p> <p>9:15 Yoga Stretching</p> <p>10-noon Veteran's Office Hours</p> <p>11:45 congregare Meal</p> <p>1-3pm Drawing Group</p>	<p>6</p> <p>9:30 Osteo</p> <p>9:30-12 shopping van</p> <p>10:45 Knitting Group</p> <p>11:45 Lunch</p> <p>12:30 Spanish II</p> <p>12:30 Mexican Train</p>	<p>7</p> <p>10am New 10 week Dancercise starts</p> <p>11:30-12:30 Rep. John Scibak-office hours (please call to confirm)</p> <p>11:45 Congregate Meal</p> <p>12:15 Canasta</p>
<p>10</p> <p>11:45 Lunch</p> <p>1:30-Tai Chi with Bailing Li</p>	<p>11</p> <p>CLOSED</p> <p>VETERAN'S DAY</p>	<p>12</p> <p>9:15 Yoga Stretching</p> <p>10-noon Veteran's Office Hours</p> <p>11:45 Congregate Meal</p> <p>1-3pm Drawing Group</p>	<p>13</p> <p>No Osteo today</p> <p>9:30-12 shopping van</p> <p>9:30 TRIAD/SALT meeting</p> <p>11:45 knitting</p> <p>11:45 Lunch</p> <p>12:30 Mexican Train</p> <p>12:30 Spanish II-Trip: Newport Playhouse</p>	<p>14</p> <p>10am Dancercise</p> <p>11:45 Congregate Meal</p> <p>12:10 Lunch & Learn What is 'MOLST?'</p> <p>12:15 Canasta</p> <p>Smith College Mum Show and lunch at Sylvester's</p>
<p>17</p> <p>11:45 Lunch</p> <p>1:30-Tai Chi with Bailing Li</p>	<p>18</p> <p>9:30 Osteo Exercise</p> <p>10:30 COA meeting</p> <p>11:45 Lunch</p>	<p>19</p> <p>9:15 Yoga Stretching</p> <p>10-noon Veteran's Office Hours</p> <p>11:45 Lunch</p> <p>1-3 Drop in Drawing Group</p>	<p>20</p> <p>Brown Bag Day</p> <p>Pick up is 10:15- noon unless other plans are made with us in advance.</p> <p>9:30 Osteo</p> <p>9:30-12 shopping van</p> <p>10:45 Knitting</p> <p>11:45 Lunch</p> <p>12:30 Mexican Train</p> <p>12:30 Spanish II</p>	<p>21</p> <p>10am Dancercise</p> <p>11:45 Congregate Meal followed by November Birthday Celebration</p> <p>12:15 Canasta</p>
<p>24</p> <p>11:45 Lunch</p> <p>1:30-Tai Chi with Bailing Li</p>	<p>25</p> <p>9:30 Osteo Exercise</p> <p>11:45 Lunch</p> <p>Monthly Outreach Office Hours</p> <p>10am Windfield #32</p> <p>1pm Golden Court</p>	<p>26</p> <p>9:15 Yoga Stretching</p> <p>10-noon Veteran's Office Hours</p> <p>11:45 Congregate Meal</p> <p>1-3 last Drop in Drawing Group</p>	<p>27</p> <p>Thanksgiving</p>  <p>Closed</p>	<p>28</p> <p>Closed</p>

Sunday November 13: Trip to see *Bye Bye Birdie* at the Black Cat Theatre. Senior van leaves Center at 1pm. \$12 for transportation and Admission

December 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>11:45 Lunch 1:30-Tai Chi with Bailing Li (Last in 12 week series)</p>	<p>2</p> <p>9:30 Osteo Exercise 11:45 Congregate meal Followed by Lunch & Learn "Complementary Therapies"</p>	<p>3</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Congregate Meal</p> <p>Bethlehem PA trip leaves</p>	<p>4</p> <p>9:30 Osteo 9:30-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30 Spanish II</p>	<p>5</p> <p>10am Dancercise 11:45 Lunch with Rep. John Scibak-office hours</p>
<p>8</p> <p>11:45 Lunch 1:30-Tai Chi with Bailing Li (New 12 week session)</p>	<p>9</p> <p>9:30 Osteo Exercise 11:45 Lunch</p>	<p>10</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Congregate Meal</p> <p>Trip: Christmas in the Newport Mansions</p>	<p>11</p> <p>9:30 Osteo 9:30-12 shopping van 9:30 TRIAD/SALT meeting 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30 Spanish II</p>	<p>12</p> <p>10am Dancercise 11:45 Lunch</p> <p>HOLIDAY EVENT!</p> 
<p>15</p> <p>11:45 Lunch 1:30-Tai Chi with Bailing Li</p> <p>Trip: Gilded Age Christmas</p>	<p>16</p> <p>SHINE appts. today. Foot Care Clinic 9:30 Osteo Exercise 10:30 COA meeting 11:45 Lunch</p>	<p>17</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch</p> <p>Trip: Lunch at Golden Corral Buffet and shopping at Chmura's Bakery, Indian Orchard</p>	<p>18</p> <p>9:30 Osteo Exercise Brown Bag Day Pick up is 10:15- noon unless other plans are made with us in advance. 9:30-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30 Spanish II</p>	<p>19</p> <p>10am Dancercise 11:45 Lunch And December Birthday Celebration</p> 
<p>22</p> <p>11:45 Lunch 1:30-Tai Chi with Bailing Li</p>	<p>23</p> <p>9:30 Osteo Exercise 11:45 Lunch</p> <p>Monthly Outreach Office Hours 10am Windfield Estates #30 Golden Court: 1pm</p>	<p>24</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch</p> <p style="text-align: center;">Closing After Lunch</p>	<p>Happy Holidays</p>  <p style="text-align: center; font-size: 1.2em;">CLOSED</p>	 <p style="text-align: center; font-size: 1.2em;">CLOSED</p>
<p>29</p> <p>11:45 Lunch 1:30-Tai Chi with Bailing Li</p>	<p>30</p> <p>9:30 Osteo Exercise 11:45 Lunch</p>	<p>31</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch</p>		

January 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>NUMBER PLEASE??? If your house number plaque was damaged or plowed and you need another, call us here at the Center and TRIAD/SALT will replace it.</p>		<p>1 HAPPY NEW YEAR</p>  <p>CLOSED</p>	<p>2 10am Dancercise 11:30-12:30 Rep. John Scibak-office hours (please call to confirm) 11:45 Congregate Meal</p>
<p>5 11:45 Lunch 1:30-Tai Chi with Bailing Li</p>	<p>6 9:30 Osteo Exercise 10:30 COA meeting 11:45 Lunch</p> <p>Trip to Brewmatters tavern</p>	<p>7 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Congregate Meal</p>	<p>8 9:30 Osteo- 10:45 Cooking Demo 9:30-12 shopping van 9:30 TRIAD/SALT meeting 11:45 knitting 11:45 Lunch 12:30 Mexican Train 12:30 Spanish II-starts today</p>	<p>9 10am Dancercise 11:45 Congregate Meal</p>
<p>12 11:45 Lunch 1:30-Tai Chi with Bailing Li</p>	<p>13 S.H.I.N.E. appointments today 9:30 Osteo Exercise 11:45 Lunch 12:30-3pm Chronic Disease Self-Mngment Starts for 6 weeks</p>	<p>14 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch Trip to Putney Diner and Basketville</p>	<p>15 Brown Bag Day Pick up is 10:15- noon 9:30 Osteo 9:30-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30 Spanish II</p>	<p>16 10am Dancercise 11:45 Congregate Meal 1-2pm CDH/VNA Falls Prevention 3 month Follow up</p>
<p>19 CLOSED MLK Day</p>	<p>20 9:30 Osteo Exercise 11:45 Lunch 12:30-3pm Chronic Disease Self-Mngment</p>	<p>21 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Congregate Meal</p>	<p>22 9:30 Osteo 9:30-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30 Spanish II</p>	<p>23 10am Dancercise 11:45 Congregate Meal</p>
<p>26 11:45 Lunch 1:30-Tai Chi with Bailing Li Trip: Magic Wings and Monarchs</p>	<p>27 9:30 Osteo Exercise Monthly Outreach Hours: 10am Windfield #32, Golden Court 10am 11:45 Lunch 12:30-3pm Chronic Disease Self-Mngment</p>	<p>28 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Congregate Meal</p>	<p>29 9:30 Osteo 9:30-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30 Spanish II</p>	<p>30 10am New Dancercise Session Starts 11:30 Lunch and January Birthday Celebration!</p>