

APRIL 2019				Saturday, April 27th Day Trip - Honey Bee Tour & Presentation
Monday	Tuesday	Wednesday	Thursday	Friday
1. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Maah Jongg 11:30 Pampered Chef Demo 12:00 Pampered Chef Luncheon 1:15 Chair Yoga 2:30 Stepping & Stretching Class 6:00 BINGO	2. 7-9 Breakfast 9:00 Scrabble 10:00-2:00 Fitness Room 11:30 Lunch: Honey Chix, Pineapple Rice, Veggies 2:15 Line Dancing Class	3. 7-9 Breakfast 8:00-12:00 Fitness Room 8:00 Tax Prep. Appts. 9:00 COA Board Meeting 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch: Roast Turkey / w Gravy, Mash Potato, Squash 12:30 BINGO 7:00 ZUMBA	4. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Beef Bolognese, Spaghetti, Veggies 2:30 Stepping & Stretching 3:00 Legal Appts. 6:00-8:00 Veterans Social	5. 7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Accreditation Celebration
8. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Maah Jongg 12:00 Soup & Sandwich Luncheon 1:15 Chair Yoga 2:30 Stepping & Stretching Class 6:00 BINGO	9. 7-9 Breakfast 9:00 Scrabble 10:00-2:00 Fitness Room 11:30 Lunch: BBQ Pulled Pork, Whip Sweet Potato, Broccoli Election Set-Up	10. 7-9 Breakfast Election Day Jigsaw Puzzle Sale 8:00 Tax Prep. Appts. 10:00 Blood Pressure Clinic 11:30 Lunch: Lentil Soup, Curry Chix, Veggies, Roll 12:00-4:00 GBFB Food Pick-Up	11. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Braised Beef, Bliss Potato, Green Beans 2:30 Stepping & Stretching	12. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Day Trip Cape Cod Museum of Natural History, Brewster, Restaurant Lunch, & Xmas Tree Shop Stop 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie
15. Senior Center Closed For the Patriots Day Holiday	16. 7-9 Breakfast 9:00 Scrabble 9:30 Happy Hookers 10:00-2:00 Fitness Room 10:15 Senior Book Club 11:30 Lunch: Hot Dog / w Roll, Baked Beans, Cabbage 2:15 Line Dancing Class	17. 7-9 Breakfast 8:00-12:00 Fitness Room 10:00 Friends Meeting 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch: Honey Chix, Sweet Potato, Toss Salad 12:30 BINGO 7:00 ZUMBA	18. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Beef & Cabbage Casserole, Florentine Rice 2:30 Stepping & Stretching	19. 7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Line Dancing Class 12:00 Chair Yoga Sr. Center Closes at 2:00 5:30 Friends Fundraiser Baked Fish Dinner
22. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Maah Jongg 12:00 Hanna's Luncheon 1:15 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO	23. 7-9 Breakfast 8:30-4:00 Day Trip Wrentham Premium Outlets & Cracker Barrel Restaurant 9:00 Scrabble 10:00-2:00 Fitness Room 11:30 Lunch: Minestrone Soup, Turkey & Cheese Mini Sub, Cole Slaw 2:15 Line Dancing Class	24. 7-9 Breakfast 8:00-12:00 Fitness Room 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch: Chix Bruschetta, Rice, Veggies 12:00-2:00 Senator's Office Hours 12:30 BINGO 7:00 ZUMBA	25. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Macaroni & Cheese, Escaloped Tomatoes 2:30 Stepping & Stretching	26. 7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie
29. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Maah Jongg 12:00 Mike & Ann's Luncheon 1:15 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO	30. 7-9 Breakfast 9:00 Scrabble 10:00-2:00 Fitness Room 11:30 Lunch: American Chop Suey, Toss Salad, Peas 2:15 Line Dancing Class	Coastline Elderly Nutrition Program 1646 Purchase Street New Bedford, MA 02740 Tuesday, Wednesday & Thursday Lunches	Reservations/Cancellations: 508-763-8723 24 Hrs. In Advance Menu is subject to change without notice. Your suggested voluntary donation of \$2 per meal helps feed more elders in the Greater New Bedford area.	

COA Transportation

COA transportation is available to all Rochester seniors to medical appointments & treatments in the general area. We also provide rides to & from home to the senior center, if you want to come here to spend some time, or have lunch, have an appointment, or come to a program. For your own safety & ours, drivers are **NOT allowed** to do banking transactions for you. We will bring you to the bank, but YOU need to do your own transactions. Also, our drivers are **NOT allowed** to do your drugstore errands. We will bring you to the pharmacy, but YOU must handle your own business inside on your own. **NO EXCEPTIONS!!!** Call us in advance (**at least 24 hours**) **508-763-8723**. Our service is free, but a minimal donation is appreciated. Our vehicles are handicapped accessible. Any senior who is able to drive to the senior center to board the COA bus for any day trip should do so, in order to save time, gas & funding for drivers. If you need to cancel your ride, PLEASE do so by calling us as soon as is possible! We schedule our drivers, & we still have to pay them for their time, even if they show up at your door, & you decide not to go. Thanks!!!

NOTE: There will be no Conversational French Classes in April, due to scheduling issues & other commitments. French Classes will resume in May! Sorry!

“Friends” Board Meeting – Wednesday, April 10th, 10:00

The Friends of the Rochester Senior Center, Inc. will hold its monthly Board Meeting here at the Senior Center on Wednesday, April 10th at 10:00. All members are welcome to attend! New members of any age are always welcome! Upcoming fundraising ideas will be discussed. Please come & share your ideas with us! Call us if you need a ride in. **508-763-8723**

Senator’s Office Hours

Senator Michael Rodrigues schedules a monthly two-hour window to speak with his constituents here at the senior center on **the 4th Wednesday of every month from 12:00-2:00**. Either the Senator or his **new office assistant, Jennifer Arruda**, will be here to speak with you. No appointment needed. Just drop in to speak with him or her!

A Soup & Sandwich Lunch will be offered on Monday, April 8th, at 12:00 for anyone interested in attending. Lorraine and her team will be preparing & serving the lunch. Pre-sign-up is required & a suggested **\$5.00** donation fee is due at sign-up. Call us if you need a ride in! **508-763-8723**.

Greeting Cards

The COA receives donations of miscellaneous greeting cards every now & then from people who have down-sized their home, or from families of loved ones who have passed on. We have an ongoing greeting card file in our lobby with lots of cards with envelopes for all occasions. They are available for a mere donation of ten cents per card. Quite a savings from today’s store prices! Please come in & look through our collection. You never know what you’ll find!

Senior Center Ongoing Fundraising

The fundraising drive to build the new addition to the Senior Center for the purpose of adding a **Senior Supportive Day Care Program** is still ongoing! Approximately, \$175,000.00 has been raised so far. Please think of us when considering your tax exempt donation! As always, we thank you kindly!

The Friends of the Rochester Senior Center, Inc.

Buy-A-Brick Fundraiser

The Friends of the Rochester Senior Center, Inc. have an ongoing fundraiser to help raise money to put the new addition onto the Senior Center for the **Senior Supportive Day Care Program**. The engraved memorial bricks will be added to the walkway & entrance of the addition. **Small bricks are \$50 and large bricks are \$100**. Applications for bricks are at the Senior Center. Thanks for your support!

Coupon File

Just a reminder that we have an on-going coupon file here at the senior center for anyone in the community to take advantage of. We accept coupons for our file, and we welcome anyone who wants to take some for their own use. Volunteers maintain the file and keep it current. Come in & take a few minutes to go through the file!

Breakfast With The Easter Bunny - The Rochester Lions Club is hosting a Breakfast with the Easter Bunny at the Senior Center on **Sunday, April 7th**, from **8:00-11:00**. Order off of the menu! Photos taken for a \$5 donation. All are welcome.

Friends of the Rochester Senior Center, Inc. – 2 Fundraising Events in April!

- **Friday, April 19th – GOOD FRIDAY SUPPER**- at the Senior Center. Anyone from anywhere is invited. Baked haddock, clam chowder, baked potato, green beans with confetti cake for dessert will be served at 5:30 P.M. Cost is \$10/person. Please sign up by April 17th at the center or by calling 508-763-8723.
- **Saturday, April 27th – SEA GLASS FUNDRAISER** – at the Senior Center. 1:00 P.M. All materials will be supplied. Cost is \$40. Anyone can make a beautiful, creative picture!