

# JUNE 2019

Saturday, June 1 <sup>st</sup> Greek Festival Day Trip Arlington, MA	Tuesday	Wednesday	Thursday	Friday	Saturday, June 8 <sup>th</sup> Plymouth Food Truck Festival Plymouth Waterfront
<b>Monday</b>	<b>4.</b> 7-9 Breakfast 9:00 Scrabble <b>10:00-2:00 Fitness Room</b> <b>10:30 Presentation</b> "Your Life, Your Legacy" 11:30 Lunch: Crm of Carrot & Celery Soup, Chix Leg, Bliss Potato 2:15 Line Dancing Class	<b>5.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 8:30 Grocery Shopping <b>9:00 COA Board Meeting</b> 10:00 Ballroom Dancing Class <b>10:00 Blood Pressure Clinic</b> 11:30 Lunch: Beef Picadillo, Rice, Blended Veggies 12:30 BINGO 7:00 ZUMBA	<b>6.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Turkey Divan, Hermits Cheesy Mash Potato, Stretching 2:30 Stepping & Stretching <b>3:00 Legal Appts.</b> <b>6:00-8:00 Veterans Social</b>	<b>7.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie	<b>8.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 9:00-12:00 A Celebration of Seniors at White's of Westport <b>D.A.'s Office Sponsored</b> 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie
<b>3.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 9:00 Art Group 9:00 Cribbage & Maah Jongg <b>11:30 Pampered Chef Demo</b> <b>12:00 Pampered Chef Luncheon</b> 1:15 Chair Yoga 2:30 Stepping & Stretching Class 6:00 BINGO	<b>11.</b> 7-9 Breakfast 9:00 Scrabble <b>10:00-2:00 Fitness Room</b> <b>9:30 Happy Hookers</b> 11:30 Lunch: Chix Chow Mein, Asian Rice, Roll 2:15 Line Dancing Class	<b>12.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 8:30 Grocery Shopping <b>10:00 Blood Pressure Clinic</b> <b>10:00 Friends Board Meeting</b> 11:30 Lunch: American chop Suey, Chickpea Blend <b>12:00-4:00 GBFB Food Pick-Up</b> 12:30 BINGO 7:00 ZUMBA	<b>13.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Roast Turkey /w Gravy, Sour Cream & Chive Mash Potato, Winter Squash 2:30 Stepping & Stretching	<b>14.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 9:00-12:00 A Celebration of Seniors at White's of Westport <b>D.A.'s Office Sponsored</b> 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie	<b>15.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie
<b>17.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 9:00 Art Group 9:00 Cribbage & Maah Jongg <b>12:00 Hanna's Special Luncheon</b> 1:15 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO	<b>18.</b> 7-9 Breakfast 9:00 Scrabble <b>10:00-2:00 Fitness Room</b> <b>10:00 "What's In Season?" Presentation</b> <b>10:15 Senior Book Club</b> 11:30 Lunch: Beef Stroganoff, Egg Noodles, Mixed Veggies <b>1:30 Advisory Board Meeting</b> 2:15 Line Dancing Class	<b>19.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 8:30 Grocery Shopping 10:00 Ballroom Dancing Class <b>10:00 Blood Pressure Clinic</b> 11:30 Lunch: Chix Bruschetta, Whip Sweet Potato, Veggies 12:30 BINGO <b>4:00 What's Next? Presentation</b> 7:00 ZUMBA	<b>20.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> <b>8:30 Day Trip - Shop &amp; Lunch in Newport</b> 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Lobster Mac n' Cheese, Tomato Florentine, Key Lime Pie 2:30 Stepping & Stretching <b>5:30 Meet, Greet &amp; Eat Event</b>	<b>21.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie	<b>22.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie
<b>24.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 9:00 Art Group 9:00 Cribbage & Maah Jongg <b>12:00 Quarterly Birthday Luncheon &amp; Party</b> 1:15 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO <b>6:30 Paint Night Fundraiser</b>	<b>25.</b> 7-9 Breakfast 9:00 Scrabble <b>10:00-2:00 Fitness Room</b> 11:30 Lunch: NE Clam Chowder, "Catch of the Day" 2:15 Line Dancing Class	<b>26.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 8:30 Grocery Shopping 10:00 Ballroom Dancing Class <b>10:00 Blood Pressure Clinic</b> 11:30 Lunch: Meatloaf /w Gravy, Roast Potatoes, Brussel Sprouts <b>12:00-2:00 Senator's Office Hours</b> 12:30 BINGO 7:00 ZUMBA	<b>27.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Chix Teriyaki, Asian Rice, Oriental Veggies 2:30 Stepping & Stretching	<b>28.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> <b>8:00 Day Trip Free Fun Friday</b> <b>Norman Rockwell Museum &amp; Lunch - Stockbridge</b> 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie	<b>29.</b> 7-9 Breakfast <b>8:00-12:00 Fitness Room</b> 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie
<b>Coastline Elderly Nutrition Program</b> 1646 Purchase Street New Bedford, MA 02740 <b>Tuesday, Wednesday &amp; Thursday Luncheons</b>		<b>Reservations/Cancellations:</b> 508-763-8723 <b>24 Hrs. In Advance</b> Menu is subject to change without notice. Your suggested voluntary donation of \$2 per meal helps feed more elders.			

The COA has a **Rental Application** to rent out its function hall for any family activity or event. **Completed & Submitted Application** must be approved by the COA Board of Directors at its monthly meeting, which is the **1<sup>st</sup> Wedns. of every month, at 9:00 a.m.** You may get your rental application at the Senior Center. There is a fee which is contingent upon how much of the space will be used and for how long a period. The application will explain that.

### **Free Legal Consults**

Attorney Matt Beaulieu gives his time & expertise pro bono on the **1<sup>st</sup> Thursday of every month at 3:00** here at the Senior Center, for any Rochester senior who would like assistance with their Health Care Proxy, Living Will, Guardianship and/or Estate Planning. Please call the Center to reserve your appt. If time runs out, he'll refer you to his office to finish up your business.

As has been mentioned, please consider, if you are in a position to do so, **RAHI (Rochester Affordable Housing, Inc.)** for future donations of funding, land, and/or housing, when considering your charitable donations and/or end of life wishes. The Trust is tax deductible. The **need for senior affordable housing in Rochester** is great. The goal is to create different forms of senior housing, depending on what resources the Trust acquires in the future – apartments, homes, congregate living, **duplexes or land to build from scratch, etc.....** **Thanks for your consideration! For more information, please contact:** Gianni Lettieri, President of RAHI, 508-763-4714 or Mark Wellington, Vice-President of RAHI, 508-763-4639, or Sharon Lally, Council on Aging Director, 508-763-8723.

### **PHOTO POLICY**

In an effort to get more **photos of all of our programs in action** for use on our web-site, maybe on “My Senior Center”, in newspapers, and on Facebook, we wish to seek permission from all of our participants to do so. This is strictly for marketing purposes on our part. **If you DO NOT want your photo taken or used,** please be sure to let either Connie Dolan, Social Media/Marketing Coord., or I know this in advance, so that we respect your wishes. If we don't hear otherwise from you, we will assume it is okay to use your photo as a participant of our sr. center!

### **Collections Wanted to Borrow**

Do you have a collection of some kind that you are willing to share with us for one month? If so, **call Edna at 508-763-8723.** Our curio cabinet in the lobby needs new tenants! Thanks!!

### **Rochester's 340<sup>th</sup> Birthday !**

On **Tuesday, June 4<sup>th</sup>**, several members of the **Friends of the Rochester Senior Center, Inc.** will join with **Rochester Memorial's third grade students & teachers** to celebrate Rochester's 340<sup>th</sup> birthday by touring some of the town's historical sites. Thanks to Friends' financial support, the bus tour will definitely occur and, pending receipt of a grant from Greater New Bedford United Way, the day will be complete with birthday cake, ice cream & perhaps a few surprises. The third grade was chosen to participate because Town study falls within their State curriculum. Rochester is one of the oldest towns in our country, with many features that date back to the 1600's, but often go unnoticed as we go about our daily business. This day of celebration is designed to educate & to instill pride & appreciation of Rochester in its participants.

### **Hanna's Friendship Dinners**

**St. Gabe's Episcopal Church of Marion**, 124 Front St., offers a **Friendship Dinner, under the direction of Hanna Milhench**, on the **1<sup>st</sup> Thursday of each month at 5:00 p.m.** On the **3<sup>rd</sup> Thursday of every month**, the **1<sup>st</sup> Congregational Church of Marion** also offers a **Friendship Dinner at the Community Center**, 144 Front Street, Marion. All are welcome. **Donations only!**

### **Friends Dues Is Due!**

The **Friends of the Rochester Senior Center, Inc.**, the non-profit that exists as the fundraising arm for the Rochester Senior Center, is having its annual **Dues Drive** this month. Please refer to the insert within this newsletter. **Dues is \$10** per person per year. You will receive a membership card & the benefit of a 10% off any Friends dinner you attend here! This is tax deductible.

### **Upcoming FRIENDS' Events**

**1. Thursday, June 20<sup>th</sup> – 5:30 – Meet Greet & Eat**  
Join us for our pulled pork sandwich bar /w fixings & find out more about the Friends of the Rochester Senior Center! See who's who and find out how you can help our Friends group by simply being a friend! **Anyone is welcome to stop by! The more friends the merrier!**

**2. Monday, June 24<sup>th</sup> – 6:30 – PAINT NIGHT**  
Held at the Ponderosa, & led by Blue Anchor Studio, this Friends' Fundraiser will help you explore your creative side while socializing with some new Friends, & leaving /w a really nice piece of art! **\$35** per person includes all needed materials. Sign up at Senior Center. All are welcome to attend & participate! 508-763-8723.

### **Arbor Day Visit to RMS First Graders**

Every year, the Rochester Council on Aging delivers baby blue spruce seedlings to each of the first graders at Rochester Memorial School in observance of Arbor Day. This tradition began with former COA Director Katherine Church, & has continued every year since. Volunteers prep the seedlings for transport & help deliver them to the school. This year's delivery date was Thursday, May 16<sup>th</sup>. The students really seemed to appreciate the trees!