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Prog. Asst': Edna Holmstrom
Prog. Asst': Ann Soares
Marketing & Social Media:
Miranda Besse
Connie Dolan
Van Drivers: Rene Rivet,
Barbara Francis, Mike Rocha,
Bob Gulick, Wayne Therrien
Meal-Site: Barbara Medeiros
Fitness Room: Andrea Meunier

NOVEMBER 2018

Rochester Council on Aging



"An Intergenerational Community of Friends"

67 Dexter Lane • Rochester, MA 02770

Senior Center Hours: Monday - Friday 8:30 AM - 4 PM

Telephone: 508-763-8723; Fax: 508-763-9315

www.rochestermaseniorcenter.com; e-mail: coa.rcoa@comcast.net

Nationally Accredited since 2007 by the National Council on Aging

MISSION STATEMENT : *The mission of the Rochester Council on Aging is to advocate for & support the community's older adults, their families, & their caregivers while promoting independent and positive lifestyles, in a welcoming and secure environment that provides opportunities for growth.*

IMPORTANT NOTICE!!!

The month of November this year will be very unusual in that **the Senior Center will need to be closed** much more often than usual. Here's why.....

The Senior Center Bathrooms will be undergoing renovations, from **Sunday, November 11th through Thursday, November 15th**. Primarily the stalls & the floors will be redone. Therefore, we need to close down the Senior Center for that time, as there will not be any available bathrooms for public use.

The annual state elections will be held here at the Senior Center on **Tuesday, November 6th**. Set-up for the Elections is on **Monday, November 5th**. Therefore, **most programs** usually held here on those days **will NOT be held**.

Lastly, the Thanksgiving Holiday is early this year. The Senior Center **will close at 2:00 on Wednesday, November 21st**, & will be **closed for both November 22nd & 23rd**, in observance of the Thanksgiving holiday.

Senior Center Will Be Closed On

- **Mon., Nov. 5th & Tues., Nov. 6th**
(this is for most programs, due to Voting/Elections)
- **Sun., Nov. 11th through Thurs., Nov. 15th**
(all programs cancelled due to bathroom renovations)
- **Wedns., Nov. 21st at 2:00**—early closing
Thurs., Nov. 22nd & Fri., Nov. 23rd
(Thanksgiving Holiday observance)

Thank You in advance for your patience with all of this.

The **Rochester Council on Aging Board of Directors** will hold its **monthly Board Meeting on Wednesday, November 7th 9:00 a.m.** at the Senior Center. Any Rochester resident is welcome to attend.

The **FRIENDS of the Rochester Senior Center, Inc.** will hold its **monthly Board Meeting on Wednesday, November 7th at 10:00 a.m.** at the Senior Center. Any dues paying FRIEND is welcome to attend the meeting & is encouraged to get involved with the fundraising for the Building Fund & other projects!

Annual Senior Thanksgiving Dinner—11-16-18

The Rochester Firemen's Assoc., in conjunction with the Rochester Council on Aging, will host the annual Thanksgiving Dinner for **Rochester Seniors only**, on **Friday, November 16th, at 12:00 noon**. You must come in to get your ticket & sign up, as there are **only 100 tickets** available. The full meal is prepared & served by the Culinary Arts students from Old Colony Vocational. If you have a ticket & find you can't attend, please return the ticket so someone else can enjoy the event. Call for a ride! Thanks!

Hurricane Emergency Info.—In the event of emergency weather, we remind you that the Senior Center is the **Emergency Shelter** if we have power outages, flooding, or other damages. Please contact **Emergency Management Director, Paul Ciaburri**, on his cell-phone at **508-728-2528**, if you have any questions. Also, please make sure the senior center has your up-to-date contact info, should we need to contact you or your emergency contact! **508-763-8723**.

MEALS & NUTRITION

"Ye Olde Breakfast Shoppe"

Anyone of any age from any town is welcome to drop in for breakfast from **7:00-9:00 a.m., Monday-Friday**. Located in the Rochester Senior Center. Breakfast consists of a varied menu, weekly specials & reasonable prices! A bottomless cup of coffee is served! **Closed weekends & holidays**. Sponsored by the FRIENDS of the Rochester Senior Center & the Rochester Lions Club. Gift Certificates available! Free Breakfast on your birthday, too!

Mike & Ann's Special Luncheon

Join us on **Monday, November 26th**, at **12:00** for a delicious meal prepared by Mike & Ann Cambra & Team! Anyone is welcome to attend this event, but **MUST sign up in advance** by calling **508-763-8723**. If you find you can't come after you have signed up, please let us know that, too, so we don't set up spaces that we don't need, or buy extra food! We suggest a **\$5.00 donation** per person for the meal on that day. Please let us know if you need a ride in! 508-763-8723. Thanks! You are sure to enjoy! Bring your appetite!

Volunteers Needed

- Breakfast Cooks
- Breakfast Dishwashers
- Breakfast Waitresses
- Breakfast Substitutes
- Monday Lunch Clean-Up Asst's
- Set-Up & Clean-Up-Other Events

The PAMPERED CHEF Monday Luncheon

Pampered Chef, Linda Medeiros, returns on **Monday, November 5th**, at **11:30**, to share her cooking demonstration with us here at the Senior Center. Stay for **lunch at 12:00**, once the demonstration is over, & sample the results! You don't have to be present at the demo to enjoy the lunch. A suggested donation of **\$4.00** is appreciated for the meal. Anyone is welcome to attend, but **PLEASE call us in advance**, so that we have enough for everyone who attends! **508-763-8723**. **Call if you need a ride in!**

Greater Boston Food Bank Free Commodity Foods

The **Greater Boston Food Bank (GBFB)** provides about 30 lbs. of free, non-perishable food items monthly to financially eligible seniors once a month. Please check with Sharon or Lorraine to see if you qualify for this food, & /or to legally register & sign-up for the monthly distribution with GBFB. The Food Distribution will take place on **Wedns., November 7th from 12-4** at the Rochester Senior Center. Each person **MUST** pick up & sign for their own food, unless other arrangements have been made with the Program. Remember to bring your own bags! **NOTE: The COA will not be responsible for items NOT picked up on the 7th. Mark your calendars & plan to pick up food on November 7th.**

Hanna's Special Luncheon – Monday, November 19th

Hanna Milhench & team will prepare a delicious luncheon on **Monday, November 19th**, at **12:00**, here at the Senior Center. Anyone is welcome to attend, but **MUST** sign up in advance. Anonymous donation of **\$5.00** per person is suggested for the meal. If you would like a ride in, please call us at **508-763-8723**.

Congregate Lunches

Hot meals for seniors on **Tuesdays, Wednesdays, & Thursdays at 11:30 a.m.** at the Senior Center. Voluntary Donation of \$2.00 per meal. Call 508-763-8723 at least 1 day in advance to reserve your meal. Operated by Coastline; federally funded, catered by Bateman & delivered fresh daily. All older adults are welcome to come!

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, & we welcome anyone who wants to take some for their own use. Volunteers maintain the file & keep it current. Come, take a few minutes to go through the file!

Health & Fitness

Blood Pressure Clinic

The weekly Blood Pressure Clinic is held on **Wednesdays, 10:00-12:00**, at the Senior Center, by the Town's Health Nurse, **Connie Dolan**. Anyone is welcome to come to get their **blood pressure** checked! Free service with a smile, thanks to the Board of Health! Call if you need a ride in! **508-763-8723**

NOTE:

Because of the unusual senior center schedule for the month of **November**, there will be **NO membership fee** for this month only. You are welcome to use the Fitness Room during scheduled hours, as many times as you are able, for free.

Usually, the Fitness Room Program is open 5 days a week for 4 hours each day!

The schedule usually is as follows:

**Mon., Wedns., Thurs., Fri.
8:00-12:00**

Tues. 10:00-2:00

The Fitness Room Program is monitored by a Senior Aid, Andrea Meunier, from Coastline Elderly Services. Anyone of any age is welcome to be a member! Pick up your application today!

Dental Clinic – 11-19-18

Call Holly Petruzzo, visiting dental hygienist, directly at **774-766-7238**, to schedule your appt. This reasonable, mobile dental program is available at sr. cntrs. Transportation available. Call us.

NOTE:

Recently, a 2-year old, **12-stair, right side Acorn stair lift** was generously donated to our Loan Closet. It is being stored here, & is available to a Rochester senior who may benefit from having this installed in their home.

Please call us if interested, & sign it out for use! You will be responsible for the installation, however!

M.O.Life, Inc. – Medical transportation for **out-of-town appointments** to **Boston & Providence**. Call **508-992-5978** at least 2 weeks in advance. **\$5.00** donation requested. This is a grant program made available by Coastline.

CHAIR YOGA - Join us for this exercise program on **Mondays, 1:15-2:15**, & again on **Fridays, 12:00-1:00**, with instructor, Marsha Hartley. This modified Yoga format offers the ability to participate in a yoga practice without having to get down on the floor, unless of course, you want to! Flowing yoga poses are practiced while seated or in a standing position, allowing use of a chair for balance & stabilization work. Emphasizing breathing with movement & the mind/muscle connection, this invigorating program provides a safe, effective way to lengthen & strengthen muscles, engage your core, enhance balance & stability, & increase your sense of well-being, leaving you feeling revived & relaxed. **Cost: \$3.00 suggested donation per person per class**. No advance registration necessary. Anyone is welcome!

STEPPING & STRETCHING - Join your instructor, Larry Bigos, on **Mondays & Thursdays, 2:30 – 3:30**, for a fun-filled hour of easy exercise, bending & stretching & building up your strength & improving your balance! Most exercises are done from the comfort of your chair! This program is designed to improve physical conditioning, decrease risk of falling, & improve health, memory, mood, balance, bone density, flexibility & endurance. The Program is made possible by a Title III Grant from Coastline Elderly Services. A suggested anonymous **donation of \$2.00 is requested**. All seniors welcome!

ZUMBA – Wednesdays, 7:00-8:00 p.m., Cost: \$5.00 per person, payable directly to instructor, Liz Ashley. Let it move you! No advance registration necessary! Anyone is welcome! Just come!

CARDIO DANCE-FIT – What will bring a glow to your cheeks, put a spring in your step, & elevate your spirits & your metabolism? Dance!! Join us on **Tuesday, from 10:00-11:00**, for dance-based aerobics! A fun, peppy dance fitness class taught by instructor Margie Blinstrub. Easy to follow steps choreographed to upbeat music covering a wide genre. Did I mention fun? Low impact & easily modified if needed, too! Class is open to all ages. So come & get your groove on! Drop-in fee payable to instructor at sign-up: **\$3.00**

LINE DANCING CLASSES – Traditional & Country Western – Tuesdays 2:15 – 4:00; & Fridays 9:30-11:00. Join us for a full hour & a half of fun & exercise, with our line dancing instructor, Nancy Cabral, here at the Rochester Senior Center. **\$2.00 donation** per person per class. No registration needed. Just come! All ages, intermediate levels & up are welcome.

BALLROOM DANCING CLASSES – Singles & couples are welcome at the Rochester Senior Center on **Wednesdays at 10:00**, for a great cardio exercise of dancing, led by instructor Nancy Barrett. She teaches the best in ballroom dancing! Suggested donation is **\$4.00 per person**. Have fun, socialize, & meet new people! All skill levels are welcome. No sign-up necessary. Just come!

Durable Medical Equipment Loan Closet - The Rochester COA has, for your use, a variety of items in the Durable Medical Equipment Loan Closet...canes, wheel-chairs, walkers, shower chairs, commodes, & others! All items have been donated. Check us out if you're in need of a piece of equipment, & then kindly return it when you're finished using it. There's no time limit. Remember us when & if you ever have equipment to donate! Thanks!

Recreational Programs

BINGO!

Feeling lucky? Come & try your luck at our **Wednesday** afternoon **Bingo** game; **12:30-3:00**, and again on **Mondays 6:00-8:30 p.m.** at the Senior Center. Half time refreshment break. We play by the MA Senior Citizen Recreational Bingo laws; 50 cents per card; 25 cents per game. No card limit. All money collected will be given in prizes that day/night. Any Senior Citizen is welcome to play. Call us if you need a ride in. **508-763-8723**.

Art Group

The **Painters** in the **Monday** morning **Art Group** invite anyone who is interested in painting, to come & join other artists from **9-12**. All levels are welcome. Instruction materials are available. Free!

Busy Bees

The **Busy Bees Craft Group** meets on **Thurs. from 9-11**. Bring your own project to work on, & check out what others are doing! Anyone is welcome. Help is available with your knitting & crocheting. Free!

Gathering all Scrabble Players
Scrabble enthusiasts are playing every **Tuesday morning at 9:00** at the Senior Center. If you'd like to play, just come! Free! All levels & abilities are welcome to join in!!

FRIDAY MOVIES

“New Release Movies” 60” Wall Plasma TV Screen!
Great Picture & Sound! Free! Anyone is welcome to attend!

All movies are ordered & scheduled through Netflix. Although every movie that Netflix sends is one that has been requested by the COA, the movie that arrives each week does not necessarily correlate to the date listed in this newsletter. We suggest that you call us by Wednesday each week to find out which movie has been sent for viewing that coming Friday afternoon. In so doing, you will eventually see each of the movies that have been scheduled, but maybe not on the date that the COA had requested it for.

Friday, November 2nd – **“A Happening of Monumental Proportions** – 2018; Rated R; 81 Minutes; Comedy; Starring Common, Bradley Whitford, & Jennifer Garner.

Friday, November 9th – **“The Padre”** – 2018; Rated R; 95 Minutes; Drama; Starring Nick Nolte & Tim Roth.

NO MOVIE on November 16th & 23rd.

Friday, November 30th – **“Destination Wedding”** – 2018; Rated R; Romantic Comedy; Starring Keanu Reeves & Winona Ryder.

Senior Book Club – Tuesday, November 20th, 10:15

The monthly senior book club will meet at the senior center on **Tuesday, November 20th**, at **10:15**. Anyone is welcome to attend. Rochester's Library Director will lead the group. The book this month is **“A Piece of the World”** by Christina Baker Kline. Please call the Library with questions!

The **Happy Hookers** Rug Hooking Group will meet on **Tuesday, November 20th from 10:00-2:30**. Drop-in to see the beautiful work the “Hookers” do!

Hand & Foot Card Games

Join our **Hand & Foot Card** game on **Thursday mornings, 9:00-11:30**. Join in the camaraderie & have some fun! Don't know how to play? No problem, Ann Soares is the leader. She & others will happily teach you how to play this popular game! It won't be long before you've gotten the hang of it! No advance sign-up needed. Just come! Anyone is welcome to participate! Why not come for breakfast first, or maybe stay for lunch afterwards!

Conversation en Francais pour Debutants

Volunteer & former **French teacher, Connie Pierce**, has resumed her very popular **French Conversational class!** It meets on **Friday mornings, November 9th & 30th at 9:30 until 11:30**, here at the Senior Center. The Class offers an informal approach to French social conversation for beginner's & intermediates. The class is free & is open to anyone interested in learning, speaking, or listening to the French language! No sign-up necessary. Just come! It's fun!

Friends' Coming Attractions in December

- Spaghetti Supper with 50/50 Raffle
- Christmas Lollipop Sale
- Christmas Baskets Raffle

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! Approx. \$160,000.00 has been raised so far. We need another \$150,000.00! Please think of us when considering your tax exempt donation! As always, we thank you kindly!

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 on to the senior center for the **Senior Supportive Day Care**. The engraved memorial bricks will be added to the walkway & entrance of the addition. **Small bricks are \$50 & large bricks are \$100.** Applications for bricks are at the Senior Center. Thanks for your support!

State Elections – Tuesday, November 6th

Do your civic duty and come out to vote on **Election Day!** If you need a ride in to the polls, call us at **508-763-8723.**

Jigsaw Puzzle Sale – Election Day – Nov. 6th!

Gently used jigsaw puzzles that have been donated to the COA are on display & for sale in the senior center conference room on Election Day! Puzzles sell for very reasonable prices....\$0.50, \$1.00, \$1.50 (depending on the # of pieces). New jigsaws still in wrapping are \$4.00 each. Many thanks for the puzzle donations & for purchasing them from the COA as well! They make great gifts & will help to keep you busy, especially in long winter months!

Happy Thanksgiving to all of our Rochester Seniors on behalf of the Rochester Council on Aging & all of us here at the Rochester Senior Center! **Count your blessings!!!**

As has been mentioned, please consider, if you are in a position to do so, **RAHTI (Rochester Affordable Housing Trust, Inc.)** for future donations of funding, land, and/or housing, when considering your charitable donations and/or end of life wishes. Very soon, the Trust will be 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!** It's still not too late to complete & submit your affordable housing survey/questionnaire, if you haven't already done so!

The **Senior Center Accreditation Self-Assessment Phase** is done! **It took a year & 72 volunteers** to complete the updated document notebook that was mailed to the **National Council on Aging** for review at the end of September. We are still waiting for the date of the **on-site peer review**. As soon as we know when that is, we will let you know! All are welcome to come to speak to the reviewers when that day arrives! It will likely be in November/December. **Many thanks to all who have brought us to this point! Could not have done it without you!!!!** This is your senior center & I believe you all have much to be proud of! **Thank You!**

Rochester's Special Town Meeting

Rochester will hold its Special Town Meeting on **Monday, November 19th at 7:00** at the Rochester Memorial School. All town residents are encouraged to attend. COA will provide rides if needed. Just call us at **508-763-8723.**

ORRJHS will be offering their annual **Senior Thanksgiving Dinner on Sunday, November 18th at 11:30 a.m.** at the school. The COA has free tickets if you are interested in attending. **Rides** to the school are available. Please call us at **508-763-8723.**

Veterans Corner

Rochester Veterans Brunch Saturday, November 10th 9:30-12:00

A complimentary catered brunch will be offered to Rochester Veterans & their spouses, as well as a speaker & patriotic entertainment at the Sr. Cntr. Invitations have been mailed to all Rochester Veterans of all ages. If you are a Veteran & didn't get an invite, please let us know. You are not on our list & need to be!
RSVP please! 508-763-8723

Veterans Benefits Counseling should you have a Veteran-related question, please contact Barry Denham, Veterans Agent at the Mattapoisett Town Hall at **508-758-4100; ext. 7**. The Veterans Office is open Tuesday & Wednesday, 8-4

NOTE: Gordon Helme is doing much better, but he has decided not to continue with his volunteer work with the Veterans & SHINE counseling services. He is starting to rebuild his strength after a tough year, & we certainly wish him all the best. **Thank You so much, Gordon**, for your years of unbelievable volunteer service to our senior community!!!

SHINE - (Serving the Health Insurance Needs of Elders)

We are **looking for a volunteer** who is willing to take the SHINE Counselor training & to volunteer here in Rochester as a **SHINE Counselor**. In the meantime, please call the **Middleboro COA at 508-946-2490**, which is the Regional SHINE Office, if you need to speak to a SHINE Counselor with any health insurance related questions you may have. Christie Wexford is the Director.

Guide to Veterans Laws & Benefits

The Secretary of State's Citizen Information Service & the Dept. of Veterans' Services collaborated to produce a guide called "**Veteran's Laws & Benefits**". For a **free** copy, call **617-727-7030** or **800-392-6090**.

VA AND WALGREENS COLLABORATE FOR VETERAN CARE COORDINATION

As part of ongoing efforts by the VA to improve veteran care coordination, the department is working with Walgreens, which is a primary services provider, to coordinate both patient & pharmaceutical care for VA enrolled patients. Now, VA providers will be able to see the full medication & immunization history of VA enrolled patients who received prescriptions & immunizations at Walgreens.

"This arrangement is the first of its kind & it's a strong collaboration," said VA Secretary Robert Wilkie. "Partnerships like this will help VA continue to improve the way we care for veterans."

As it expands its community care program, VA actively refines its ability to track medication prescribed by community providers. Prior to the arrangement, VA providers would ask patients to inform them about medications filled at Walgreens. With the VA-Walgreens exchange, VA providers can now easily view medications directly that are prescribed to VA enrolled patients by community providers & filled at Walgreens pharmacies.

VA exchanges standards-based medical information securely & electronically with participating community health care partners, such as Walgreens, to ensure the best possible care coordination & medication management. Currently, VA exchanges health information with over 170 community health care partners, representing 1,288 hospitals, 537 Federally Qualified Health Centers, nursing homes, 8,649 pharmacies

Veterans Day - November 11th

Remember to thank a Veteran for their service, not only on Veterans Day, but at any time you happen to interact with one. We thank all Veterans for their sacrifice and their service.



AMAZON FOUNDER GIVES \$10 MILLION TO HELP VETERANS GET ELECTED TO CONGRESS

Amazon founder Jeff Bezos and his wife announced they are supporting **With Honor**. **With Honor** is a super PAC that works to help get military veterans from both parties elected to Congress. The donation is the largest political contribution that's been made by Bezos to date.

With Honor doesn't focus on party affiliation, but instead the group works on helping veterans get elected who commit to a pledge of integrity, civility & courage. The committee divides spending evenly between Republican & Democratic candidates.

Howard Shultz, retired Starbucks CEO is another donor, as are members of the Walmart family.

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 **1st Wedns. of the month at 9:00 a.m.** You may get your application at the Senior Center. It explains the guidelines for fees & usage.

The Board of Selectmen agreed to allow the COA to offer **a one day liquor license** for certain events where the hall may be rented out! There is a separate application for a liquor license, which can be obtained at the Town Hall, and must also be approved by the Board of Selectmen! Allow a few months for the liquor license to be processed. Plan ahead!

The function hall may be used for birthday parties, retirement or anniversary parties, for an after funeral collation, a bridal or wedding shower, a wedding, or whatever function a family or person needs it for.

Collections Wanted to Borrow

Do you have a collection of some kind that you are willing to share with us at the Senior Center for 1 month? Our locked curio cabinet in the lobby needs some tenants! Please call us! It does not have to be a big, expensive, or fancy collection! Just something different! Maybe something unique to you! Thanks!

Free Legal Consults

Attorney Matt Beaulieu gives his time & expertise pro bono on the **1st 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 us to reserve your appt. If time runs out, he'll refer you to his office to finish up your business.

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 them. You never know what you'll find!

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 **1st Thurs. of each month at 5:00 p.m.** On the **3rd Thurs. of every month**, the **1st Congregational Church of Marion** also offers a **Friendship Dinner** at the Community Center, 144 Front St., Marion. All are welcome. Donations only!

Council on Aging Transportation Services

Rochester's Council on Aging 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, to 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 drug-store 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. All vehicles have a donation can in them, for anonymous cash donations to be placed. Please note that you should NOT tip the driver. They are already paid. Any donations go to the transportation fund for vehicle repairs & other transportation overhead costs.

Any senior who is able to drive to the senior center to board the COA van/bus for any day trip should do so, in order to save time, gas & funding for drivers. Please note that non-Rochester seniors may ride the Rochester van for scheduled day trips only!

If you should 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!!

Grocery Shopping

We have decided to put the **Grocery Shopping Trips** on a "leave of absence" until such time as requests to go grocery shopping warrants. For the past 4 months, no one has shown an interest in, nor have we received a request for, a trip to a grocery store. We can only assume that there is not a need for it at this time. **Please let us know** if & when you should need a ride to the grocery store! **508-763-8723**

The Rochester COA is always accepting applications to keep on file **for potential new board members**. If you're a Rochester resident & a senior center participant & are interested in advocating for & serving the needs & interests of Rochester's older adult residents, & you can spare a few hours a month, then send us your letter of interest to the Rochester Council on Aging, 67 Dexter Lane.

Senator's Office Hours

Senator Michael Rodrigues, or his office aide Kelly Andrade, holds office hours here at the Senior Center on the **4th Wednesday of the month from 12:00-2:00**. Just drop in to speak with him/her if you have an issue, question, or you just want to chat!

NOVEMBER 2018 BIRTHDAYS

NOTE: Remember to check your license expiration date. The Registry of Motor Vehicles does not send out renewal reminders.

1. BARRY MARTIN
GERALD SHEPARD
NOREEN KUCINSKI
2. SALLY HAMER
ROBERT ZORA
DIANE SULLIVAN
DAVID WHITNEY
3. CHRISTINE OUIMETTE
ANNE HOLBROOK
KAREN MADDEN
4. THERESA BABINEAU
RENEE OUELLETTE
STANLEY MOSZCZENSKI
JUDITH DUPONT
JAMES MCENROE
ALFRED CABRAL
5. PETER MARSHALL
ROBERT TUBBS
LORNA BOULANGER
DONNA FOREST
RONALD DEMELLO
ROBERT O'BRIEN
DAVID CLARKE
6. JOSEPH HOWARD
JEANNINE HERMAN
8. CANDICE HAHN
CYNTHIA CHAMPAGNE
FLORENCE LAWRENCE
JOHN TAYLOR
MARK UROLATIS
9. REBECCA WILLIAMS
ROBERT MCGEE

9. JACQUELINE DEMERS
JOHN TEAL
FLORENCE ZORA
SHEILA VARDARO
CHESTERBOBROWIECKI
10. WILLIAM NAZZARO
RICHARD KUCINSKI
KATHERINE JACKSON
MARILYN GENTRY
11. FRANCIS FERREIRA
PETER BRENNER
MARLENE BRENNER
12. COLLEEN GOULART
SANDRA JONES
DORIS BOUCHER
13. MARIA MARTIN
CAROL SMITH
MELINDA LABRANCHE
JAMES RODERICKS
PRISCILLA CASSIDY
LOSHENG DAI
14. STEPHEN DIMARZO
JOHN EDDY
BRONIE ROZENAS
CLIFFORD VAUGHAN
15. GEORGE LANDRY
PAULA ALEXANDER
WINIFRED HARTLEY
JUDITH SPIRLET
MARIA GOUVEIA
KAREN CLARK
16. PATRICIA KAURANEN

16. JUDITH TALLMAN
17. KAREN CHASE
JAMES MURPHY
THOMAS CULLEN
JOHN VIERA
18. DONALD BOULANGER
JANE PUCELLO
PATRICIA BOURGALT
ROBERT PAULINE
SUSAN NOBREGA
19. WILLIAM VINCENT
BRADLEY WALKER
FERNANDE LAMBERT
20. PAULINE BOURGEOIS
ALFRED MELLO
21. DONNA MERUSI
HERMAN MORSE
DEBRA GIRARD
RUSSELL GIRARD
22. ARLENE CARREIRO
MILDRED CHAVES
LINDA SMITH
PATRICIA REILLY
BEATRICE RENAULD
KEVIN RILEY
MARY SHEA
23. JANET LACROIX
JAMES EDMONDS
RAYMOND COUTU
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**PLEASE SHOW YOUR SUPPORT TO OUR NEWSLETTER ADVERTISERS WHENEVER YOU CAN!
WE APPRECIATE THEIR SUPPORT & YOURS AS WELL !**

Manicures Anyone? Come for a free manicure on **Thursday, November 29th, 9:30-11:30**, when Old Colony's Cosmetology Students will be here to provide this treat for you! No reservations needed. Just come! All are welcome!

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THANK YOU to our NEWSLETTER ADVERTISERS!!!

November 2018 -Day Trips

Saturday, November 3rd – Boston Christmas Festival –
350 Exhibitors, Farmer’s Marketplace, Gingerbread
House Displays, etc.. Leave 8:00; Return @ 5:30;
Lunch at the Fair; Cost: \$12 /w 15, or cost is \$15.76.

**Friday, November 9th – Shopping to the Cape Cod Mall,
Hyannis & Christmas Tree Shop**; Lunch Nearby
or at Mall; Leave 8:30; Return @ 5:00.

**Monday, November 26th – Avon Day Trip – Enchanted
Village in Jordan’s Furniture, Ikea & Lunch, &
Christmas Tree Shop** – Leave 8:00; Return @ 5:00.

Friday, November 30th – Foxwoods Casino, CT – Leave
Rochester 8:30; Return @ 5:00. Lunch at casino.

**Sign-up in advance for any of the trips so that you in-
sure your seat on the van! One van holds 13; 2 vans
hold 8. We need to schedule our drivers in advance!**

NOTE: The COA Board’s policy for **Day Trip
Participation** - Anyone who registers for a day trip
offered by the Senior Center, will have to **give a \$5.00
donation when signing up**. This will secure your place on
the van, as well as helping to defray the transportation
operating costs of the vans. This **\$5.00 donation is non-
refundable**, even if you should decide **NOT** to go on the
trip. If the COA has to cancel the trip due to low attend-
ance, you **WILL** be refunded the \$5.00 if you’ve already
paid it. Thus, you will not be expected to give to the
donation receptacles on the vans. This is **for Day Trips
only**, not medical appointments. Thank You !!!

Happy Thanksgiving to Everyone!!!

Happy 10th Birthday Breakfast Program !!!

Can you believe it? Our COA Breakfast Program
turns **10 years old on November 3rd**! This suc-
cess has been a great testament to the continued
dedication of our **volunteer breakfast crew!!!!**
Many thanks to each breakfast volunteer, & to the
Rochester Lions Club & to the **FRIENDS of the
Rochester Senior Center** for working on this
Program & serving the whole community all of
these years! I believe we continue to be the only
Senior Center in Massachusetts that offers a
community Breakfast Program!

During the week of November 5th-9th, the
Breakfast Program has planned a **Special Surprise**
for its loyal patrons. You will just have to come in
to see what that special surprise will be! Curiosity
got you hooked? We hope to see you sometime
during that week! And hopefully you’ll continue
coming back many more times afterward!

We are **always looking for volunteers** for all roles
in the Breakfast Program. Cooks, Assistant cooks,
on-call Substitutes, Dishwashers, Shoppers, and/or
Waitresses. Please consider joining our successful
team! Call Lorraine or Sharon if interested.

508-763-8723