

Board of Directors

President: Mike Cambra
Vice-Pres.: Gordon Helme
Secretary: Jackie Demers
Vol. Clerk: Phyllis Voit
Treasurer: Pauline Munroe
Members: Woody Hartley
Patricia Ryan
Susan Norton
Marjorie Barrows
Marjorie O'Brien

Employees

Director: Sharon Lally
Outreach: Lorraine Thompson
Custodian(s): Jim Dexter
Retiring: George Smith
Incoming: Bob Gulick
Prog. Asst': Edna Holmstrom
Prog. Asst': Ann Soares
Marketing & Social Media:
Miranda Besse
Van Drivers: Rene Rivet,
Barbara Francis, Mike Rocha,
Bob Gulick, Wayne Therrien
Meal-Site: Barbara Medeiros
Fitness Room: Andrea Meunier



OCTOBER 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.*

The **Rochester Council on Aging Board of Directors** will hold its **monthly Board Meeting** on **Wednesday, October 3rd 9:00 a.m.** at the Senior Center. Any Rochester resident is welcome to attend.

RETIREMENT RECEPTION

for

GEORGE SMITH

The Council on Aging is planning to hold a **Retirement Reception for George Smith**, our retiring beloved custodian of 15 years!!! The event will be held on **Thursday** afternoon, **October 11th, 3:00-5:00**, at the Senior Center. The community is welcome to attend to thank him for all he has done for us here at the senior center, and to wish George well in this new chapter of his life! George has treated this senior center building as he would his own home. His dedication, work ethic, team spirit, and sense of humor are second to none, and he will be truly missed as part of the COA team! He leaves very large shoes to fill! So please plan to drop-in on the 11th, share a few words with George, and enjoy! Delicious refreshments will be served! All are welcome! Just drop-in!

Harvest Dance Fundraiser

The **FRIENDS of the Rochester Senior Center** are hosting their first **Harvest Dance**, on **Sat., October 13th, 7:00-11:00**, at the Redmen Hall, on Main Street in Wareham. **Tickets are \$15.00 each** & are on sale now! Come out, dance & enjoy the music as DJ Howie's son (Alex) plays all of your favorite songs! Alcoholic drinks & soft drinks will be available, as well as other refreshments.

The Senior Center will be **closed on Monday, October 8th** in observance of the Columbus Day Holiday!

Welcome Bob Gulick!

Please join me in welcoming Bob Gulick in his new senior center role...as our new custodian! Bob has served as a COA Board Member, as a COA Van Driver, as a Breakfast Program Cook & Volunteer, and now, & hopefully, in the years to come, as the new Senior Center Custodian.

Recently returning to live in Rochester, we look forward to working with him in this new role. With his sense of humor and genuine work ethic, Bob is sure to hit the ground running! He is beginning on October 1st, in order to spend a few days shadowing George Smith, & becoming familiar with the daily schedule. At this time, his work hours will be the same as George's have been.

The **FRIENDS of the Rochester Senior Center, Inc.** will hold its **monthly Board Meetings on Wednesday, October 10th 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!

Hurricane Emergency Info.—In the event of a hurricane, 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, October 29th**, 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 Kitchen Asst's
- Monday Lunch Clean-Up Asst's
- Set-Up & Clean-Up-Other Events

The PAMPERED CHEF Monday Luncheon

Pampered Chef, Linda Medeiros, returns on **Monday, October 1st**, 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., October 10th 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 10th. Mark your calendars & plan to pick up food on Oct. 10th!

Hanna's Special Luncheon – Monday, October 22nd

Hanna Milhench & team will prepare a delicious luncheon on **Monday, October 22nd**, 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**

GREAT NEWS!!!

The Fitness Room Program is open 5 days a week for 4 hours each day!

The schedule 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.

There is a **monthly membership fee of only \$10 per person**, due on the **1st of each month**.

Members may use the Fitness Room as many times in that month as they wish. If you start mid-month, the fee still remains at \$10.00. Anyone of any age is welcome to be a member! Pick up your application today!

FLU SHOT CLINICS

Yes, it's that time of year again! The Rochester Board of Health will hold its **annual FLU CLINICS** here at the Senior Center on the following dates:

- **Monday, Oct. 1st**
9:30-11:30
- **Tuesday, Oct. 2nd**
4:00-7:00
- **Monday, October 15th**
9:30-11:30

No appointment necessary. Just drop-in! Wear a short-sleeve shirt for easy arm access. Bring your insurance cards with you!

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, October 5th – **"Maudie"** – Starring Sally Hawkins & Ethan Hawke; 2017; PG-13; Drama; 115 Minutes.

Friday, October 12th – **"The Sea Gull"** – Starring Annette Bening & Saoirse Ronan; 2018; PG-13; Drama; 98 Minutes.

Friday, October 19th – **"MAMA MIA! Here We Go Again"** – Starring Christine Boranski, Pierce Brosnan, Colin Firth, & Meryl Streep; Cher; 2018; PG-13; Musical.

Friday, October 26th – **"Boundaries"** – Starring Vera Farmiga & Christopher Plummer; 2018; Rated R; Drama.

Senior Book Club – Tuesday, October 16th, 10:15

The monthly senior book club will meet at the senior center on **Tuesday, October 16th**, at **10:15**. Anyone is welcome to attend. Rochester's Library Director will lead the group. The book this month is **"Radium Girls: The Dark Story of America's Shining Women"** by Kate Moore.

The **Happy Hookers** Rug Hooking Group will meet on **Tuesday, October 9th 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, October 5th, 12th & 19th 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!

Soup & Sandwich Lunches Are Back!

We've put away the BBQ grill for the season, and we're gearing up for our **Soup & Sandwich Mondays!** The first Soup & Sandwich Luncheon will be on **Monday, October 15th**, at **12:00**. You will get a hot bowl of soup, a full sandwich, sometimes a salad, chips, a drink & always dessert. We suggest a **\$4.00 donation** per person. Such a deal! Please call us in advance to reserve your spot. We like to make sure we have enough for everybody. **508-763-8723**. Also, call us if you'd like a ride in! Great socialization & nourishment! Anyone is welcome!

Friends' Coming Attractions in December

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

In October.....

**Saturday, October 27th at 1:00 p.m.,
Sea Glass Fundraiser - \$40.00.**

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!

Advance notice: In November, the Senior Center Bathrooms floors & stalls will be undergoing renovations; unfortunately, will be disruptive to our daily routine. We are trying to minimize the interruption; however, we still will **need to close the Center on the 13th, 14th & 15th** to complete the work, so that we have functioning bathrooms!

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!**

Annual Grammar School Reunion

The Rochester Lions Club is hosting the **Annual Grammar School Reunion (Waterman/Pierceville)** on **Sunday, October 7th at Noon**. The **cost is \$25.00**. Anyone is welcome to gather for an afternoon with schoolmates, including dinner & live music. In order to guarantee a meal, reservations are suggested. Reservations can be made by e-mailing Lion Lorraine Thompson at lionlorraine33s@ymail.com or by sending the mailed reservation & check to Rochester Lions Club, P.O. Box 36, Rochester, MA 02770. For questions, call Lorraine at 508-728-7767 or President Deb Grassi at 508-287-1946. Deadline to reserve is Oct. 1st.

The newly formed **COA Advisory Board** now has **6 members:** Carol Hardy, Barbara Nick, Fran Dubois, Roberta Vieira, Beverly Brewer & Jean Armstrong. Thank you to all of these ladies for their service!!!!

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. Now we wait for the anticipated **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. **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!!!**

Veterans Corner

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

Monthly Veterans Social

The monthly gathering of Rochester Veterans will take place on **Thurs. October 18th**, from **6:00-8:00 p.m.** at the Senior Center. Any Rochester Veteran of any age is welcome to attend. This is a relaxed, informal gathering where Veterans socialize & share fellowship & camaraderie with each other. Refreshments are served. No charge. Thank You to all Veterans for their service!

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 Partnership With National Cancer Institute Will Boost Veteran Access To Clinical Trials

The VA recently announced a new partnership with the National Cancer Institute to provide more access to cutting edge treatments for VA patients with cancer.

"Strategic partnerships such as this one with the National Cancer Institute, allow VA to leverage the strengths of both organizations to the benefit of all stakeholders, especially our veterans," said VA's Acting Secretary Peter O'Rourke. "By increasing enrollment in these trials, VA & veterans will contribute to important cancer research – this will not only help our veterans, but also advance cancer care for all Americans & people around the world."

The NCI & VA Interagency Group to Accelerate Trials Enrollment, also known as NAVIGATE, is launching at 12 VA sites: Atlanta, Georgia; Bronx, New York; Charleston, South Carolina; Denver, Colorado; Durham, North Carolina; Hines, Illinois; Long Beach, California; Minneapolis, Minnesota; Palo Alto, California; Portland, Oregon; San Antonio, Texas; & West haven, Connecticut. Boston, Massachusetts, will also serve as a coordinating center for the effort.

NAVIGATE will build infrastructure at VA sites to enable more veterans to take part in cutting-edge clinical trials sponsored by NCI. These trials typically test innovative experimental treatments, such as precision-medicine therapies based on patients' genetic profiles, or immunotherapies that harness patients' own immune systems to bring about cures.

The NAVIGATE network will also establish best practices & share insights to help other VA Medical Centers nationwide enroll more Veterans in cancer clinical trials. Special attention is being given to minority patients, who often have less access to new treatments & are not as well represented in clinical trials in the U.S.

While VA has a robust research program – including clinical trials on cancer & other diseases – at more than 100 sites nationwide, VA facilities often face challenges initiating & completing trials, including ones conducted through the NCI National Clinical Trials Network. Local VA research staff, for example, may lack adequate support to handle certain regulatory & administrative tasks involved in these studies. NAVIGATE will help remove these barriers.

NAVIGATE will also seek to enroll veterans in trials sponsored by NCI's Community Oncology Research Program, which focuses on cancer prevention & symptom management.

Veteran & Military License Plates

Veterans & Military personnel can apply for special license plates that demonstrate their service. The RMV offers the following veteran & military passenger & motorcycle plates:

- Veteran (branch of service & wartime decals available)
- Bronze Star
- Silver Star
- Purple Heart
- Congressional Medal of Honor

Eligibility requirements differ based on plate type. Refer to each application for instructions & documentation requirements to obtain a military or veteran license plate.

Applefest at Wachusett Mountain Day Trip Sunday, October 21 st	October 2018				
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>7-9 Breakfast</p> <p>1. 9:30-11:30 FLU SHOT CLINIC</p> <p>8:00 Day Trip - Topsfield Fair</p> <p>11:30 Pampered Chef Demo</p> <p>12:00 Pampered Chef Luncheon</p> <p>1:15 Chair Yoga</p> <p>2:30 Stepping & Stretching</p> <p>6:00 BINGO</p>	<p>7-9 Breakfast</p> <p>2. 9:00 Scrabble</p> <p>10:00 Cardio Dance-Fit</p> <p>10:00-2:00 Fitness Room</p> <p>11:30 Lunch: Greek Meatballs</p> <p>Rice Pilaf & Veggies</p> <p>2:15 Line Dancing Class</p> <p>4:00-7:00 FLU SHOT CLINIC</p>	<p>7-9 Breakfast</p> <p>3. 8:00-12:00 Fitness Room</p> <p>9:00 COA Board Meeting</p> <p>10:00 Ballroom Dancing Class</p> <p>10:00 Blood Pressure Clinic</p> <p>11:30 Lunch: Chix Bruschetta, Italian Pasta & Veggies</p> <p>12:30 BINGO</p> <p>7:00 ZUMBA</p>	<p>7-9 Breakfast</p> <p>4. PODIATRIST VISITS</p> <p>8:00-12:00 Fitness Room</p> <p>9:00 Busy Bees</p> <p>9:00 Hand & Foot</p> <p>11:30 Lunch: Roast Turkey /w Gravy, Potato, Squash</p> <p>2:30 Stepping & Stretching</p> <p>3:00 Legal Appointments</p>	<p>7-9 Breakfast</p> <p>5. 8:00-12:00 Fitness Room</p> <p>9:00 Day Trip - Veterans Museum & Killburn Mill</p> <p>9:30 Line Dancing Class</p> <p>9:30 Conversational French</p> <p>1:30 Movie</p>	
<p>8. Senior Center Closed for the Columbus Day Holiday</p>	<p>7-9 Breakfast</p> <p>9. 9:00 Scrabble</p> <p>9:30 Happy Hookers</p> <p>10:00 Cardio Dance-Fit</p> <p>11:30 Lunch: "Catch of the Day"</p> <p>Rice & Veggies</p> <p>10:00-2:00 Fitness Room</p> <p>2:15 Line Dancing Class</p>	<p>7-9 Breakfast</p> <p>10. 8:00-12:00 Fitness Room</p> <p>10:00 FRIENDS Board Meeting</p> <p>10:00 Ballroom Dance Class</p> <p>10:00 Blood Pressure Clinic</p> <p>11:30 Lunch: American Chop Suey, Peas & Portobellos</p> <p>12-4 GBFB Food Pick-Up</p> <p>12:30 BINGO</p> <p>7:00 ZUMBA</p>	<p>7-9 Breakfast</p> <p>11. 8:00-12:00 Fitness Room</p> <p>9:00 Busy Bees</p> <p>9:00 Hand & Foot</p> <p>11:30 Lunch: Baked Meatloaf /w Gravy, Mash Potato, Sprouts</p> <p>3:00-5:00 Retirement Party for George Smith</p>	<p>7-9 Breakfast</p> <p>12. 8:00-12:00 Fitness Room</p> <p>9:30 Line Dancing Class</p> <p>9:30 Conversational French</p> <p>1:30 Movie</p>	
<p>7-9 Breakfast</p> <p>15. 8:30 Day Trip - Museum of Fine Arts - Boston</p> <p>9:30-11:30 FLU SHOT CLINIC</p> <p>12:00 Soup & Sandwich Lunch</p> <p>1:15 Chair Yoga</p> <p>2:30 Stepping & Stretching</p> <p>6:00 BINGO</p>	<p>7-9 Breakfast</p> <p>16. 9:00 Scrabble</p> <p>10:00 Cardio Dance-Fit</p> <p>10:15 Senior Book Club</p> <p>11:30 Lunch: Mac n' Cheese</p> <p>Florentine Tomatoes & Peas</p> <p>10:00-2:00 Fitness Room</p> <p>2:15 Line Dancing Class</p>	<p>7-9 Breakfast</p> <p>17. 8:00-12:00 Fitness Room</p> <p>10:00 Ballroom Dance Class</p> <p>10:00 Blood Pressure Clinic</p> <p>11:30 Lunch: Mushroom & Barley Soup, Curry Chix & Veggies</p> <p>12:30 BINGO</p> <p>7:00 ZUMBA</p>	<p>7-9 Breakfast</p> <p>18. 8:00-12:00 Fitness Room</p> <p>9:00 Busy Bees</p> <p>9:00 Hand & Foot</p> <p>11:30 Lunch: Baked Ham /w Raisin Sauce, Sweet Potato</p> <p>2:30 Stepping & Stretching</p>	<p>7-9 Breakfast</p> <p>19. 8:00-12:00 Fitness Room</p> <p>9:30 Line Dancing Class</p> <p>9:30 conversational French</p> <p>1:30 Movie</p>	
<p>7-9 Breakfast</p> <p>22. 8:00-12:00 Fitness Room</p> <p>9:00 Art Group</p> <p>12:00 Hanna's Luncheon</p> <p>1:15 Chair Yoga</p> <p>2:30 Stepping & Stretching</p> <p>6:00 BINGO</p>	<p>7-9 Breakfast</p> <p>23. 9:00 Scrabble</p> <p>10:00 Cardio Dance-Fit</p> <p>11:30 Lunch: Shepherd's Pie</p> <p>10:00-2:00 Fitness Room</p> <p>2:15 Line Dancing Class</p>	<p>7-9 Breakfast</p> <p>24. 8:00-12:00 Fitness Room</p> <p>10:00 Ballroom Dance Class</p> <p>10:00 Blood Pressure Clinic</p> <p>11:30 Lunch: Autumn Harvest Soup, Roast Pork /w Gravy</p> <p>12-2 Senator's Office Visits</p> <p>12:30 BINGO</p> <p>7:00 ZUMBA</p>	<p>7-9 Breakfast</p> <p>25. 8:00-12:00 Fitness Room</p> <p>9:00 Busy Bees</p> <p>9:00 Hand & Foot</p> <p>11:30 Lunch: Cheeseburger, Baked Beans, Cabbage & Carrots</p> <p>2:30 Stepping & Stretching</p>	<p>7-9 Breakfast</p> <p>26. 8:00-12:00 Fitness Room</p> <p>8:00 Day Trip - MGM Springfield Casino</p> <p>9:30 Line Dancing Class</p> <p>1:30 Movie</p>	
<p>7-9 Breakfast</p> <p>29. 8:00-12:00 Fitness Room</p> <p>9:00 Art Group</p> <p>12:00 Mike & Ann's Luncheon</p> <p>1:30 Chair Yoga</p> <p>2:30 Stepping & Stretching</p> <p>6:00 BINGO</p>	<p>7-9 Breakfast</p> <p>30. 9:00 Scrabble</p> <p>10:00 Cardio Dance-Fit</p> <p>10:00-2:00 Fitness Room</p> <p>11:30 Lunch: Tuna on Mixed Greens, Pasta Salad, Cole Slaw</p> <p>2:15 Line Dancing Class</p>	<p>7-9 Breakfast</p> <p>31. 8:00-12:00 Fitness Room</p> <p>10:00 Ballroom Dance Class</p> <p>10:00 Blood Pressure Clinic</p> <p>11:30 Lunch: Creepy Chili /w Gruesome Cheese, Eerie Rice</p> <p>12:30 BINGO</p> <p>7:00 ZUMBA</p>	<p>Coastline Elderly Nutrition Program</p> <p>Tues., Wedns., & Thurs. Lunch</p> <p>1646 Purchase Street</p> <p>New Bedford, MA 02740</p>	<p>Reservations & Cancellations:</p> <p>508-763-8723</p> <p>24 Hours in Advance</p>	

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!

OCTOBER 2018 BIRTHDAYS

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

1. NANCY GONSALVES
LEON MYETTE
PAULA LECONTE
STEVEN ANUSZCZYK
ROBERTA FRUGOLI
JAMES SULLIVAN
BARBARA WILSON

2. LEE ROBERTS
GEORGE VIPON
NATHAN NAFTOLY
JOSEPH COSTA
MICHAEL DANIEL
DONNA COSTA
MAUREEN WOOD
JOAN ROLLER

3. BLAINE YOUNG
BEATRICE GONSALVES

4. JULIUS BRITTO
CAROL DEMORANVILLE
PAUL SUGDEN
MICHAEL DYKAS
MARIO SOUSA
CHARLES KANTNER III

5. DONNA CHAREST
ELIZABETH SILVERBERG
EUGENE BARITEAU

6. ANN HAMILTON
SANDRA BONNEAU

8. JOHN OLIVAL
BRENDA BRILLON

9. CAROL ST. DON
BRUCE STARK

9. LUCILLE MORRIS

10. RICHARD CUSOLITO
ROBERT HAMPSON
JEAN OSTIGUY

11. FRANCES DUBOIS
CHARLES CLEMINSHAW
CONSTANCE ESHBACH
JUDITH SHEPLEY
STEPHEN BURKE

12. DAVID KILPATRICK
GEORGE SMITH
KRISTINA FLOOD

13. DONALD LOADER
SHARON BLANCHARD
MARIE SANTOS
PETER ARSENAULT
CATHERINE SEXTON
ANDREW HEWITT
JANET BEJTTLICH
TIMOTHY TILTON

14. KIRBY GILMORE
OLIVIA BOTELHO
JAMES HOLDEN

15. LORRAINE VAUGHAN
MARK COLLINS

16. ANTIONETTE LINK
MARY DRAYTON
CATHERINE ST. JOHN
SUSAN SHALLIES
KATHERINE BESSEY
VALERIE FARRETTA

17. CAROL VARANO
ANNE ASHLEY
LILLIAN FERREIRA
BEVERLY BERNIER

18. JOHN DUFF
BRUCE HODZIEWICH
HELEN MEDEIROS
SUSAN WHITNEY

19. MICHAEL CONWAY
DAVID HUGHES
ROBERT KESSLER
ROBERT BEATTY

20. LORIN MOTTA, SR.
GILDA SIMOES
PAUL BRADLEY
DONNA RODRIGUEZ
MARTHA MATTAR

21. DEBORAH HARTLEY
ELEANOR BULLARD
CATHERINE SIMMONS
HALIMA TIFFANY

22. EDMUND ARRUDA
RICHARD KESSLER
EVERETT WRIGHTINGTON
LINDA SMITH
NORMA ROSS

23. RAYMOND NOBLE
LYNNE SUGDEN

24. JOHN EAGAN, JR.
WINSTON SHARPLES
JEFFREY GIDDINGS

25. GLENN LAWRENCE
PETER GELDMACHER
KATHLEEN BRENNAN

26. LORRAINE MOTTA
CAROLE MYATT

27. DANIEL ROSS
GORDON HELME
BEVERLY BREWER

28. DONALD STIMER
MAXWELL LAWRENCE

29. DEBRA TOLSTONOG
ROBERT FAELTON
GEORGE LIARIKOS, JR.

30. JUDY TUBBS
HELEN TAYLOR

31. NAIDA PARKER
BRIAN GOULART
JAMES LIVSEY
MICHAEL MURPHY
ANN SAUNDERS

**COMPLIMENTARY
BIRTHDAY
BREAKFAST TO
ANYONE WHO HAS
A BIRTHDAY IN
THE MONTH !
Mon-Fri; 7-9 a.m.
ANYONE WELCOME**

The **Annual Report for FY2018** is finished & has been sent off to the Executive Office of Elder Affairs. The Senior Center served a **total of 1,863 individuals**. Of that total, 327 were under age 60. Of the total, 1,345 were women. Rochester census shows 1,456 seniors in 2017. The # of out-of-towners served was 860, with the most coming from New Bedford. Out-of-town participants total 46% of total count. We transported 167 individuals for a total of 2,504 rides. We served 573 clients through Outreach. There is much more information in the report. You are welcome to come in & take a look at it! It contains all of the programs & how many attended them, & the volunteer stats. as well.

BOARD OF SELECTMEN
ONE CONSTITUTION WAY
ROCHESTER, MA 02770

PRST STD
US POSTAGE
PAID
ROCHESTER, MA
02770
PERMIT #11

THANK YOU to our NEWSLETTER ADVERTISERS!!!

OCTOBER, 2018 DAY TRIPS

Monday, October 1st – Topsfield Fair, Topsfield, MA.
Leave Rochester 8:00; Return @ 5:00. Admission: \$10.00; Lunch at the Fair. Nice foliage ride!

Friday, October 5th – Fort Rodman, New Bedford – Veterans Museum & “Restored Panorama of Whaling Voyage” at the Kilburn Mill – FREE – Rodney French BLVD.; Leave Rochester 9:00; Return @ 3:00; Lunch nearby.

Monday, October 15th – Museum of Fine Arts, Boston – “French pastel Exhibit” – Admission: \$23.00, Members FREE – Lunch at the Museum; Leave Rochester 8:30; Return @ 5:00.

Sunday, October 21st – Applefest at Wachusett Mountain, Princeton, MA – 100+ Crafters, live music, farmer’s market, food vendors; Admission: \$14.00; Leave Rochester 8:00; Return @ 5:00. Nice foliage ride!

Friday, October 26th – MGM Springfield Casino, Springfield, MA. Choice of food venues, shopping options, and, of course, gambling! Just opened! Check it out! Leave Rochester 8:00; Return @ 5:30. Cost depends on your choices!

Sign-up in advance for any of the trips so that you insure 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. Thus, you will not be expected to give to the donation receptacles on the vans. This is **for Day Trips only**, not medical appt’s.

ART SHOW & SALE

The Monday Morning Painters of the Rochester COA will hold an **ART SHOW & SALE** on **Saturday, October 20th**, at the Rochester Senior Center, 67 Dexter Lane, from **10:00 a.m. to 3:00 p.m.** A portion of all sales will go to the FRIENDS of the Senior Center. **Lunch will be available**, provided by the FRIENDS. Come & support your local senior talent! Their work is very impressive!!! Gift season is quickly approaching, too!

Podiatrist Visits – 10-4-18 - Podiatrist, Dr. Sarah Desrosiers, will be here to offer foot care appointments on **Thursday, October 4th**, 2018. You **MUST** call her office directly to schedule your appointment with the podiatrist, only if you are a new patient, if you want to be seen here on the 4th. **508-946-1444**. If you are a returning patient, they will call you to confirm your appointment! Call **763-8723 for a ride**.