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DECEMBER 2019

Rochester Council on Aging



"An Intergenerational Community of Friends"

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

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

www.rochestermaseniorecenter.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.*

Merry Christmas and Happy Holidays to all



Holiday Calendar Notes

December 24th Closing at 12:00 noon

December 25th Closed for the Christmas Holiday.

December 31st Closing at 2:00 p.m.

January 1st Closed for the New Year's Holiday

Quarterly Birthday Party

Please join us on Monday, December 23rd at 12:00 for the Quarterly Birthday Party. This complimentary luncheon is for all Rochester residents born in October, November or December. Guests are welcome and asked to donate \$5.00 per person. Please sign up in advance by calling 508-763-8723. Let us know if you need a ride.

"Friends"

The Friends of the Rochester Senior Center, Inc. will hold its monthly Board Meeting on Wednesday, December 11th 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

The Rochester Council on Aging Board of Directors will hold its monthly Board Meeting on Wednesday, December 11h 9:00 a.m. at the Town Hall. Any Rochester resident is welcome to attend.

Emergency Information

When an emergency is officially declared we remind you that the Senior Center is the Emergency Shelter for the town. This may happen during a blizzard, power outage, flooding, or other disaster.

The Emergency Management Director, Paul Ciaburri, will declare such situations. He can be reached at 508-728-2528.

In preparation please be sure that the senior center has your up-to-date emergency and vital contact information.

If you would like to be added to our volunteer list for emergency shelter support please contact Lorraine, Cheryl, or Paul Ciaburri.



New Year's Eve Party Tuesday, December 31st

Ring in 2020, in style by attending our annual New Year's Eve Luncheon Party from 12:00—2:00. No driving in the dark and great holiday fun with friends. A \$5.00 donation requested. Call 508-763-8723 to sign up, all are welcome.

MEALS & NUTRITION

"Ye Olde Breakfast Shoppe"

Everyone is welcome to drop in for breakfast from 7:00-9:00a.m. Monday-Friday. We are located in the Rochester Senior Center. Breakfast consists of a varied menu, with weekly specials at very reasonable prices. A bottomless cup of coffee is also served. Sponsored and run by the Friends of the Rochester Senior Center & the Rochester Lions Club. Gift Certificates always available! Free Breakfast on your birthday, too!

Wok Magic Luncheon – Monday, December 2nd at 12:00

Jadine Loo-Dixon will return once again to prepare fine Chinese Cuisine. Everyone is welcome to attend, please 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.



Volunteers Are Always Valued and Needed at Your COA

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

Lunch with Marsha Hartley! Monday, December 9th at 12:00

Marsha Hartley has graciously joined our Monday Special Luncheon offerings! She will be cooking for us on Monday, December 9th. Lunch will be served at 12:00 here at the Senior Center. Everyone is welcome to attend, please sign up in advance. Anonymous donation of \$5.00 per person is suggested for the meal. If you would like a ride please call us.



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 Cheryl or Lorraine to see if you qualify for this food and to sign-up for the monthly distribution. The Food Distribution will take place on December 11th from 12-4 at the Rochester Senior Center. Each person must pick up and sign for their own food unless other arrangements have been made. Please remember to bring your own bags. The COA will not be responsible for items not picked up on the 11th. Please mark your calendars for December 11th.

The Famous Hanna's Special Luncheon! Monday, December 16th

Hanna Milhench & team will prepare a delicious luncheon on Monday, December 16th, at 12:00, here at the Senior Center. Everyone is welcome to attend please 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, and delivered fresh daily. All older adults are welcome to come!

Note: There is no noontime lunch on 12/30/19



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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! Thanks to the Board of Health! Call if you need a ride in! 508-763-8723

FITNESS ROOM

The COA Fitness room is open and available throughout the month when the center is open.

The normal schedule is:

Monday, Wednesday,
Thursday and Friday from 8:00
am to 12 noon
Plus Tuesdays from 10:00 am to
2:00 pm

The Fitness Room Program is monitored by a Senior Aid, Andrea Meunier, from Coastline Elderly Services.

The monthly membership fee is \$10 per person, which is due on the 1st of each month.

Members may use the Fitness Room as many times in that month as they wish.

A physician's authorization is necessary to participate.

Anyone of any age is welcome to be a member!

Pick up your application today.



Thanks to the continued support of the Massachusetts Executive Office of Elder Affairs, the Town of Rochester, the Annie Maxim House and your donations that make this Newsletter possible.

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 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 de-signed 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 voluntary donation of \$2.00 is appreciated. All seniors welcome!

All Are Welcome to Come to the COA to Exercise.

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, come and enjoy.

LINE DANCING CLASSES

Traditional & Country Western – Tuesdays 1:00 & 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.

Durable Medical Equipment

Gently used medical equipment is available for loan through the COA. Call for more information or to donate or pick up an item.

Recreational Programs

BINGO!

Feeling lucky? Come try your luck at our Wednesday afternoon Bingo game; 12:30-3:00.

Note: there is no evening Bingo from December – February. 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 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. Please bring your own materials. All levels are welcome.

What's Busy Bees!

Crafters come together for fun and fellowship. Knitters, crocheters, quilters, beading, embroidery or any other hobbies- Come join us on Thursdays at 9 am.

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 and scheduled through Netflix. Please note that there is no movie on 12/20/19. We suggest that you call us by Wednesday each week to confirm the movie to be shown on Fridays starting at 1:30.

Ever Wonder How a Mystery is Written?

On December 20th at 1:30 join New England author Debi Graham-Leard at the senior center to learn about her writing journey as she created her debut mystery "The Uninvited Guest". Discuss initial idea, research, writers groups, publication, and anecdotes. She'll share the challenges of developing the 2nd story in the Gwen Andrews series "Where There's Smoke, There's Trouble" and then the 3rd "Bed, Breakfast, & Blackmail". Her presentation ends with a short reading and Q&A with the audience members. Autographed books will be available.

Senior Book Club – Tuesday, December 17th, 10:15

The monthly senior book club will meet at the senior center on **Tuesday, December 17th, at 10:15**. Anyone is welcome to attend. Rochester's Library Director will lead the group. The book this month is **"Eleanor Oliphant is Completely Fine"** by Gail Honeyman. Please call the Library with questions!

Happy Hookers

This Rug Hooking Group will meet on Tuesday, December 10th 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? Our friendly group will teach you! 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!

French Conversation Group

The very popular Conversational French class is continuing with our new volunteer Suzanne Pelletier as facilitator. Classes are held in the COA conference room on Friday mornings from 9:30 – 10:45. The free class offers an informal and fun approach to French social conversation and culture and is open to anyone interested in learning, speaking, or just listening to the French language in a non-threatening atmosphere. No sign-up necessary.

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COA Building Use / Rental Applications

The COA can be rented for any community activity or event. Completed applications are approved by the COA Board of Directors at the monthly meeting on the second Wednesday each month. The COA Director can also approve small events as needed. Applications are available at the center.

The Board of Selectmen allows a one day liquor license for certain events. There is a separate application for a liquor license which is available through the town hall. This application is approved by the Selectmen.

The function hall may be used for birthday, retirement, or anniversary parties, an after funeral collation, a bridal or wedding shower, or actual wedding!

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.

Holiday and Other Occasion Greeting Cards

The COA is always accepting of donations of greeting cards from people who have down-sized their home or from families of loved ones who have passed on.

Cards are available for purchase for a donation of ten cents per card. Funds are used to support the center. What a wonderful way to save money while spreading cheer this holiday season!

Senator's Office Hours - Senator Michael Rodrigues, or his office aide 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! Kelly Andrade has left the position so we wait to hear who her replacement will be

Council on Aging Transportation Services

Rochester's Council on Aging transportation is available to all Rochester seniors to medical appointments and treatments in the general area.

We also provide rides to and 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 safety 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 drug store errands. We will bring you to the pharmacy, but you must handle your own business inside on your own.

Be sure to call us at least 24 hours in advance for all rides.

Our service is free, but a minimal donation is appreciated. Our vehicles are handicapped accessible. All vehicles have a donation can for anonymous donations to be placed. Donations go to the transportation fund for vehicle repairs and other transportation over-head costs.

Any senior who is able to drive to the senior center to board the COA van/bus for any day trip is encouraged to do so, in order to save time expenses. 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 as soon as is possible. We schedule our drivers and pay for their time, even if they show up at your door and you decide not to go.

U.S. Census

The United States 2020 Census is coming!

Every 10 years a Federal Census is conducted. This count of everyone living in the United States is required by our Constitution. You will receive census correspondence prior to Census Day April 1, 2020.



Friends Spaghetti & Meatball Dinner Fundraiser

The Friends of the Rochester Senior Center are having a Spaghetti & Meatball Dinner on Thursday, December 12th, 4:00-7:00 p.m., at the Rochester Senior Center. Anyone from anywhere is welcome to attend! Tickets are for the Dinner \$5.00 each. There will be a Christmas Carol Sing as well as a Chinese Auction & a 50/50 Raffle. Bring your appetite & your good luck and join in on the Holiday Spirit!!! Let us know if you would like a ride. 508-763-8723.

Christmas Sing-Along



Beautiful Christmas Wreaths

Come and join Bunny Mogilnicki at the center on Tuesday, December 3rd from 9:30 to 10:30 to craft a hand-made 8 inch wreath. Cost is \$12.00 and includes all materials and can be paid at the time of the event. Class size is limited to 15 participants. Please call us to sign up at 508-763-8723

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!

Peace on Earth

RAHI Update

Rochester Affordable Housing, Inc. (RAHI) bylaws allow board members to serve two consecutive terms with terms starting in January. Up to eleven individuals make up the Board. The current Board has eight members so RAHI is seeking individuals who can provide at least *one* of the three required "Ws". What are those "Ws" you ask?

WORK is obvious. Many with time and energy are willing to put in the effort for a good cause. If anyone came to a RAHI Board meeting, they would see what this means. Right now, fundraising is a top priority.

WISDOM comes in many forms. It might be the ability to identify grant opportunities, experience with other non-profit organizations, accounting, legal advice, and the list goes on. Often times, wisdom goes hand in hand with *work*.

WEALTH is also for obvious reasons. It is not unusual for a tax deductible non-profit corporation to have individuals on their Board that believe in the cause and is willing and able to help out financially. Rightfully, they look at what they can do as an investment. An investment in something worthwhile. Not just a gift.

If you have one or preferably more than one of the three "Ws" come to a meeting and see if there is a good fit for you. Help create affordable housing in OUR town for OUR seniors and veterans who truly need it.

For questions or for more information on how you can help RAHI either with "Ws", or with a tax deductible donation contact: Gianni Lettieiri at (508) 763-4714, Mark Wellington at (508) 763-5436, or Ann Cambra at (508) 763-2688.



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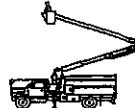
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DECEMBER 2019 BIRTHDAYS

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

<ol style="list-style-type: none"> 1. JOANNE CHARON CHRISTINE COOK LORNA WALKER PATRICK RYAN, JR. ANNE BRAMHALL JOHN WURTS ANTONIO SIVERA 2. MARIA WESTGATE RON ABRAHAM LOUIS BAPTISTE, JR. MARCIA KESSLER MARILYN MELANSON JILL SANTOS 3. HELEN BLIER LAURA PELLETIER JOAN WHITE 4. ARTHUR BENNER RICHARD BOURGEOIS JAMES CORREIA ROBERTA SYLVIA DEBRA PELISSIER DAVID GOULD 5. SHERRY MANUGIAN MICHAEL COSTA LINDA MORAIS BRIAN REED 6. ERNEST PIERCE III JUDITH STOLTENBERG DONNA DYKAS RAYMOND DAGGETT JOHN WALLACE NICHOLAS DEBACHER 7. THEODORE MARMARAS 8. ALICIA CRABBE MATTHEW MORTENSEN DIANNE JARDIN 	<ol style="list-style-type: none"> 9. JOANNE GLYNN LINDA YOUNG KENNETH JOSEPHSON DON STANGOHR WILLIAM BRENNAN MICHAEL STACK 10. STEPHEN SPERRY WILLIAM SOUZA 11. MARIE DUMAS NANCY BOUTIN FREDERICK TAHTINEN PAULETTE DESMARAIS SHEILA DANIEL JANIS STEED DORIS GRIMES KATHLEEN GAYOSKI PAUL DERNIER KAREN BARON SHEILA GRADY 12. JANET LEPAGE JOHN HALL THERESA GREGOIRE 13. SUSAN GILMORE RICHARD SPOONER LAWRENCE ROY ERNEST DAVOLL JOHN SEXTON 14. GEORGE BARON WALTER SMITH SHERIDAN MEDEIROS BRUCE THOMAS PAUL CHAREST 15. JEROME BEAULIEU DEBRA LADD CAROL GRIME BETTE OLIVAL MARK SHAW 	<ol style="list-style-type: none"> 16. EDGAR TRIPANIER DOREEN PARKER 17. SHERYL JOYCE BEVERLY CIABURRI NANCY RULLO 18. LOUIS OUTOR YVETTE MORRISON RONALD BULLARD CHRISTINE LEBLANC AVELINA CORREIA JOYCE RAPOSA PAUL DAWSON 19. JOSEPH KOCZERA III JAMES HARRISON JUDY MACGREGOR MARGO MELLO 20. SANDRA KEESE JOAN RIVET CYNTHIA UNDERHILL KATE BESCH WENDY RIGBY ANNIE BUCCHERE 21. MARION THOMAS 22. ROBERT SANTOS SETSUKO MENDES DONALD JONES TILDEN BOGUS PAUL MEUNIER RICHARD CHILSON 23. KIRIAKOS RENTUMIS HERBERT LAFLEUR SUSAN HEALY GEORGE MAGAN 24. JOHN KEOUGH, JR. NOELLA CHEVALIER 25. CHRISTIN KORBEN 	<p style="text-align: center;">Complimentary Birthday Breakfast to Anyone who has a Birthday in the month!</p> <ol style="list-style-type: none"> 26. WILLIAM SMITH 27. LISA ROEDL RICHARD CHARON ALFRED HAMER LINDA ANDRADE KATHLEEN MAXCEY 28. CAROL HARDY KATHRYN PENA MARY BOYD MARIO DIBONA 29. CORINNE MARTIN ALEX DEVILLIERS CHRISTINA DEVILLIERS 30. MELVIN WOTTON DENNIS PUCELLO CECELIA BARRATT ANNE GUNDERSEN CHRISTOPHER LEE DEBORAH BANCROFT ETHEL WALLACE ANNE FERNANDES KATHRYN PATISTEAS HARLYN FROH DAVID VALENTE 31. JACKIE ASHLEY MARGARET DUDEVOIR BETSY FOSTER ALAN BOLING BARBARA MACEDO JULIE WRIGHT SCOTT ASHLEY
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Quarterly Birthday Party – Monday, December 23, 2019

The Quarterly Birthday Party for Rochester Seniors, who have or had a birthday in the months of Oct., Nov., & Dec. of this year, are invited to attend a Complimentary Birthday Party Luncheon on Monday, December 23rd at 12:00. Invitations have been mailed out. Anyone may attend the luncheon, & the suggested donation for the meal is \$4.00 per person. Please call 508-763-8723 in advance so that we plan enough food for all!

<p>YOU COULD ADVERTISE HERE! CALL 508-763-8723</p>	<p>YOU COULD ADVERTISE HERE! CALL 508-763-8723</p>	<p>YOU COULD ADVERTISE HERE! CALL 508-763-8723</p>
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Veterans Corner

Veterans Benefits Counseling

Should you have a Veteran-related question, please contact Barry Denham, Veterans Agent or his assistant JoAnn O'Malley at the Mattapoisett Town Hall at 508-758-4100; ext. 7. The Veterans Office is open Tuesday & Wednesday, 8-4

We do not need a special day to say



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.

Happy Holidays

BREAKFAST WITH SANTA



The Rochester Lions Club is having a special Breakfast with Santa fundraiser on **Sunday, December 8th**, from **8:00-11:00** at the Senior Center. Anyone is welcome to drop in and order off of the varied menu! Santa will be available to speak with the children. Having a photo taken with Santa is a \$5 donation, using your camera or theirs. Come on down & enjoy the fun!

S.H.I.N.E

Serving the Health Insurance Needs of Elders

Open enrollment ends on December 7th. If you have questions and need support regarding your insurance choices call the COA to be connected with one of our two S.H.I.N.E. volunteer counselors.

Ms. Janice Cote and Mr. Richard Arnold are available by appointment to meet with you and discuss your options.

We thank Janice and Richard for all of their dedication and hard work during this year's open enrollment.

As first year S.H.I.N.E. volunteer counselors there is a lot to learn and share. We all appreciate your giving of your time and energy during this important time of year!

For Your Information Eligible Medicaid Spend Down Items

For someone who is pursuing Medicaid eligibility, the following are types of spend-down items, in no particular order, which should be considered:

- 1) Purchase irrevocable pre-paid funeral plans.
Rules regarding funeral plans are complex so you should only deal with a funeral home that is knowledgeable in this type of planning.
- 2) Purchase a new car.
It is perfectly acceptable to purchase a new car.
- 3) Payment of nursing home expenses.
Of course, nursing home expenses and other healthcare costs can be paid as part of a spend-down.
- 4) Purchase of a new home.
Since the home is an exempt asset, in some instances purchases of a new home make sense from a Medicaid planning standpoint.
- 5) Make home improvements.
Home improvements are often in excellent use of funds.
- 6) Buy household goods or personal effects.
Once again, the intention is to have the community spouse purchase these types of things which are needed to keep the household running, eliminating the need for major expenditures down the road.
- 7) Vacation.
This can be a good idea for the community spouse at a time when there has been a long struggle to keep a loved one at home.

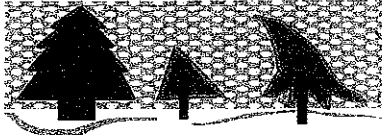
(Source: Getting Your Ducks In a Row)

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THANK YOU to our NEWSLETTER ADVERTISERS!!!

Happy Holidays to Everyone!
from all of us at the Rochester Council on Aging



December 2019 -Day Trips

Thursday, December 5th - LaSalette Shrine & Christmas Festival of Lights. Dinner at the Café' enjoy the sights and sounds of the season! Leave at 3:30 pm return at 9:30 pm

Tuesday, December 10th - Wrentham Premium Outlets with lunch nearby. Leave 8:30 am return 4:30 pm

Thursday, December 12th - Enchanted Village at Jordan's Furniture, Shopping at Ikea and/or Christmas Shops plus lunch nearby. Leave 8:30 am return 4:30 pm.

Saturday December 14th - New England Nutcracker at the New Bedford Ballet \$12.00 per person. Leave 12 noon return 4:00 pm

Wednesday, December 18th - Marion Village & Fieldstone Farm Marketplace. Shopping and lunch in the village of Marion. Leave 10:00 am return 4:00 pm

Trip Notes



Many COA trips require a pre-payment at the Center to ensure your spot. Others require payment upon admission at an event. Please call the COA for details, and to sign up well in advance.

Also please keep in mind that inclement weather may negatively impact trips and other program scheduling. We apologize for any inconvenience and wish you a safe and healthy New Year.

A note from the Director

Greetings to all of the hearty New Englanders who choose to brave our chilly winters! Many of our friends and relatives may travel south for the warmer weather but there are a select few of us who actually enjoy the crisp refreshing air. Memories of snow drifted laneways and ice covered cranberry bogs remain. Clearing a bog for skating with family members and then warming our skates as the ribbon of smoke from the fire curls peacefully up into the star lit sky- These are just some of the magical moments that can still be found by hearty New Englanders! Enjoy our wonderland.
Cheryl Randall-Mach

December 2019

During inclement weather, Rochester Senior Center's Activities are based on ORR District School closings		Saturday December 14 Nutcracker Ballet @ New Bedford Ballet Leave @12:00	
Monday	Tuesday	Wednesday	Thursday
<p>2. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mahjong 12:00 Magic Wok Lunch 1:15 Chair Yoga 2:30 Stepping & Stretching Class</p>	<p>3. 7-9 Breakfast 9:00 Scrabble 9:30-10:30 Make A Christmas Wreath 10:00-2:00 Fitness Room 11:30 Lunch 1:00 Line Dancing Class</p>	<p>4. 7-9 Breakfast 8:00-12:00 Fitness Room 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch 12:30 BINGO 7:00 ZUMBA</p>	<p>5. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00-11:30 Hand & Foot 11:30 Lunch 2:30 Stepping & Stretching 3:00 Legal Appointments by Attorney Beaulieu TRIP: 3:30-9:30 LaSalette Shrine</p>
<p>9. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mahjong 12:00 Hanna's Special Luncheon 1:15 Chair Yoga 2:30 Stepping & Stretching Class</p>	<p>10. 7-9 Breakfast 9:00 Scrabble 8:30 Wrentham Village Shopping & lunch 9:30 Happy Hookers 10:00-2:00 Fitness Room 11:30 Lunch 1:00 Line Dancing Class</p>	<p>11. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Board of Directors Mtg 10:00 Friends Board Meeting 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 12:00-4:00 GBFB Food Pick-Up 11:30 Lunch/12:30 BINGO 7:00 ZUMBA</p>	<p>12. 7-9 Breakfast NO Fitness Room TODAY 9:00 Busy Bees 9:00-11:30 Hand & Foot 8:30 Enchanted Village@ Jordan's 11:30 Lunch 2:30 Stepping & Stretching 5:00-7:00 Friends' Spaghetti & Meatball Dinner Fundraiser</p>
<p>16. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mahjong 12:00 Soup & Sandwich w/Marcia 1:15 Chair Yoga 2:30 Stepping & Stretching Class</p>	<p>17. 7-9 Breakfast 9:00 Scrabble 10:15 Senior Book Club 10:00-2:00 Fitness Room 11:30 Lunch 1:00 Line Dancing Class</p>	<p>18. 7-9 Breakfast 8:00-12:00 Fitness Room TRIP: 10:00-4:00 Marion Village & Fieldstone Farm Shopping 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch 12:30 BINGO 7:00 ZUMBA</p>	<p>19. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00-11:30 Hand & Foot 11:30 Lunch 2:30 Stepping & Stretching</p>
<p>23. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mahjong 12:00 Quarterly Birthday Party 1:15 Chair Yoga @ Studio 105 2:30 Stepping & Stretching Class</p>	<p>24. 7-9 Breakfast 9:00 Scrabble 10:00-2:00 Fitness Room 11:30 Lunch Senior Center Closes at 12:00</p>	<p>25. Senior Center Closed for  Christmas Holiday</p>	<p>26. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00-11:30 Hand & Foot 11:30 Lunch 2:30 Stepping & Stretching Boxing Day & Kawanza</p>
<p>30. 7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mahjong No Lunch 1:15 Chair Yoga 2:30 Stepping & Stretching Class</p>	<p>31. 7-9 Breakfast 9:00 Scrabble 10:00-2:00 Fitness Room 12:00 New Year's Eve Celebration Senior Center Closes at 2:00</p>	<p>1.  Senior Center Closed</p>	<p>27. 7-9 Breakfast 8:00-12:00 Fitness Room 9:30-10:45 Conversational French 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p>
<p>Reservations & Cancellations 508-763-8723 24 Hours In Advance</p>			<p>Coastline Elderly Nutrition Program Tues., Weds., & Thurs. Lunch 1646 Purchase Street New Bedford, MA 02740</p>

Happy Holidays from all of us to all of you