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NOVEMBER 2019



Rochester Council on Aging



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

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

www.rochestermaseniorcenter.com; email: coa.rcoa@comcast.net

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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.*

COA Board Meeting

The **Rochester Council on Aging Board of Directors** will hold its monthly meeting on **Wednesday, November 13, 2019, at 9:00 AM.** The meeting will be held at the Town Hall. Any Rochester resident is welcome to attend.

The **Rochester Council on Aging** always accepts applications for **potential new board members**. If interested, you must be a Rochester resident & a senior center participant, & be interested in advocating for & serving the needs & interests of Rochester's older adult residents, & you can spare a few hours a month; then please send us your letter of interest & mail it to 67 Dexter Lane to the attention of the Rochester Council on Aging Board of Directors, or drop it off at the Senior Center.

The Senior Center will be closed the following dates in November:

November 11th in observance of Veterans Day plus
 November 28th and 29th for the Thanksgiving break.

Accepting Applications for Advisory Council Members

The Rochester Council on Aging Board of Directors is seeking a few seniors to serve on its Advisory Council. There are a few openings available. The purpose of the Advisory council is to implement the COA's ongoing Program Evaluation Plan via program evaluations & recommendations. Interested applicants can get an application from the Sr. Ctr. Director.

A Message From The Director

Happy Fall to you all!

It is that thankful time of year. We are so busy it seems! However inclement weather may force us to slow and reflect. The simpler times of the past may seem to have been happier times but struggles and challenges have always faced each generation in their own way. Having said that, there is certainly much to be thankful for as we journey through our lifetime.

For many the holidays are not as joy-filled as in our youth. A group to discuss feelings of loss during this time of year has been scheduled for November 20th from 10-11:30. This is especially important to me as many years ago I lost my mother and great grandmother in December. When feelings are not shared and processed generations within a family may be impacted. We hope you will join us for this heartfelt discussion presented by Community Nurse Home Care.

We always look forward to seeing you at our many fall and winter events.

Sincerely,
 Cheryl Randall-Mach

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!

Ken and Lorraine Special Boiled Dinner Luncheon

Join us on **Monday, November 25th**, at **12:00** for a delicious meal prepared by our famous breakfast chef Ken Vieira assisted by our wonderful Outreach worker Lorraine Thompson.

Please sign up by calling 508-763-8723. We suggest a \$5.00 donation per person payable upon sign up.

Please let us know if you need a ride in! 508-763-8723.

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 4th**, 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 **\$5.00** is appreciated for the meal at time of sign up. Any-one is welcome to attend, but please sign up in advance, so that we have enough for everyone. **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 Cheryl or Lorraine to see if you qualify for this food, and to register & sign-up for the monthly distribution with GBFB. The Food Distribution will take place on **Wednesday November 13th 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. Please bring your own bags! **NOTE: The COA will not be responsible for items NOT picked up on the 13th. Mark your calendars & plan to pick up food on November 13th.**

Hanna's Special Luncheon – Monday, November 18th

Hanna Milhench & team will prepare a delicious luncheon on **Monday, November 18th, 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 and paid at sign up. 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!



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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! Free service with a smile, 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 12:00 noon

Plus
Tuesdays
from 10:00am to 2:00 pm

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!

A physician's authorization is necessary to participate.

Please visit and pick up your application today to join in this healthy activity.

Happy Thanksgiving

Thanks to the Executive Office of Elder Affairs, the Anne Maxim House, the Town of Rochester and to your individual generous 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 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!

LINE DANCING CLASSES

Traditional & Country Western – Tuesdays 1:00; & Fridays 9:30. Join us for a full hour & a half of fun & exercise, with our line dancing instructor, Nancy Cabral, here at the Rochester Senior Center. \$3.00 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 9:45** 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. We have canes, wheel-chairs, walkers, shower chairs, commodes, etc. 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. Thank you.

Recreational Programs

BINGO!
 Feeling lucky? Come try your luck at our **Wednesday** afternoon **Bingo** game from 12:30 – 3:00. Please note that there will be no evening Bingo from November to April. 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. Please note that there will be no movies on the following dates **November 15th, 22nd and 29th**. We suggest that you call us by **Wednesday** each week to confirm the movie to be shown as they are subject to availability.

Friday, November 1st at 1:30
"Certain Women"
 2016; Rated R; 1 hour and 47 minutes; Drama; Starring: Laura Dern and Michelle Williams.

Friday, November 8th at 1:30
"RBG"
 2018; Rated PG; 1 hour and 37 minutes; Documentary/inspiring; Starring: Ruth Bader Ginsburg and Gloria Steinem

NO MOVIES on November 15th, 22nd, and 29th.

Senior Book Club – Tuesday, November 19th, 10:15
 The monthly senior book club will meet at the senior center on **Tuesday, November 19th, at 10:15**. Anyone is welcome to attend. Rochester's Library Director will lead the group. The book this month is **"Little Fires Everywhere"** by Celeste Ng. Please call the Library with questions.

The **Happy Hookers** Rug Hooking Group will meet on **Tuesday, November 19th 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
 The very popular Conversational French class will continue to meet even as we say goodbye and best wishes to volunteer **Connie Pierce**. Classes are planned for **Friday mornings, November 1st, 8th and 15th at 9:30 until 11:30** at the COA or Police Department, please call for location. 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!


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COA Building Use / Rental Application

The COA can be rented for any community activity or event. Completed applications are approved by the COA Board of Directors at its monthly meeting, which is the 2nd Wednesday of each month at 9:00 am. The COA Director can also approve small events as needed.

Applications are available at the center and detail guidelines and fees.

The Board of Selectmen allows for a one day liquor license for certain events. 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. Please allow a few months for the liquor license to be processed.

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

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? Please call us! It does not have to be a big, expensive, or fancy collection! 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.

Greeting Cards

The COA receives donations of miscellaneous greeting cards. 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!

Would you like to be a Santa's Helper?

We will be asking the schools with Rochester students for lists of needs for families in need. Families will supply the sizes, colors and toys, etc. requested. If you would like to help, you can choose a child or a family, or make a cash donation. Or maybe you can help sort the arrivals and ready them for delivery. Any way you can help is appreciated. For more info contact Lorraine Thompson at 508-763-8723 or ltompson@townofrochester.com Thank you in advance for your kindness and generosity.

PACE FUEL ASSISTANCE

The PACE Fuel Assistance Program helps eligible residents by paying up to \$1,300 of their heating costs from November through April. This includes gas, oil, wood, propane, pellets, coal or electric heat.

Eligibility for Fuel Assistance may also qualify you for a significant discount on you other utility bills as well as our Weatherization and Heating System Repair and Replacement Programs.

PACE serves residents of New Bedford, Acushnet, Dartmouth and our Tri-Town area.

To apply applicants must bring a photo id, proof of income for all household members for the last 30 days, copies of Socials Security cards for all members of the household, proof of their housing costs (rent or mortgage) and a primary heating bill.

PACE representative Ms. Maria Grace will be here at the COA to assist with applications and answer questions on the following dates:

Thursday, November 7th from 1-2 pm

Thursday, November 14th from 1-2 pm

Thursday, November 21st from 1-2 pm

Please bring the necessary paper work, along with account numbers for your heating vendors to make the processing quicker.

Ms. Lorraine Thompson, Rochester Outreach Coordinator is also available for questions, and assistance.

Great Grocery Shopping

Fieldstone Farm market Place is continuing the 10% off deal with your Senior Center Scan Card. This is a wonderful time of year to buy local produce and gifts! Please call the COA to join in the van ride to this family owned and run store. Call 508-763-8723.

Coming Event: Christmas Wreaths

Plan to come and make a beautiful 12 inch Christmas Wreath with Bunny Mogilnicki on Tuesday, December 3rd from 9:30 – 10:30 here at the COA. The cost is \$12 and all materials will be provided. Class size is limited to 15 so call early to join in this fun activity.

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!

Coming Attractions:

Breakfast with Santa Claus

Sunday, December 8th 8-11 a.m.

At your Senior Center, 67 Dexter Lane

\$5.00 donation for all pictures...your camera or ours.

Sponsored by the Rochester Lions Club

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!

Special Town Meeting – Monday November 18th

Do your civic duty and attend the Special Town Meeting at the Rochester Memorial School starting at 7 pm. If you need a ride please call 508-763-8723.

Happy Thanksgiving

To all of our Rochester Seniors on behalf of the Rochester Council on Aging Board and all of us here at the Rochester Senior Center.

You are among our many blessings

Old Colony Regional High School will be holding their annual **Rochester Senior Thanksgiving Dinner on Friday, November 22nd at noon** at the COA. This is open to Rochester Seniors. Please call to reserve your spot. Our sincere thanks go to the Rochester Fire Department for their wonderful support of this event. Rides to the COA are available. Please call us at 508-763-8723.

RAHI Update

Rochester Affordable Housing, Inc. (RAHI) is now in a public outreach and fundraising phase. With a small grant from the United Way, RAHI has been able to purchase materials that help to get the mission better understood throughout Rochester.

Local businesses have been donating gift certificates, which RAHI uses in its outreach. These donations are important in broadcasting the mission. In addition, the money raised from raffling these gift certificates as well as other small donations goes towards ongoing expenses.

While every dollar helps and is appreciated, RAHI needs at least one major leadership gift to really get things moving. Finding the big leadership gift is not always easy, but it is essential for a new organization like RAHI to receive that gift, allowing it to move forward with its mission. The form of the major gift could be just about anything. It could be in the form of a cash gift, a grant, a property, or an annuity. Any appropriate gift will get RAHI closer to providing truly affordable housing in Rochester for senior and veterans.

For questions or for more information on how you can help RAHI, contact: Gianni Lettieiri at (508) 763-4714, Mark Wellington at (508) 763-5436, or Ann Cambra at (508) 763-2688.

Old Rochester Regional Junior High School will be offering their annual **Tri-Town Senior Citizens Thanksgiving Dinner on Sunday, November 24th at 11:30 a.m.** at the Junior High. The COA has free tickets if you are interested in attending. Rides to the school are available. Please call us at 508-763-8723.



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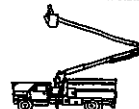
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Veterans Corner

Rochester Veterans Supper Tuesday, November 5th 5-7 p.m.

To thank you for your service the COA will be offer Rochester Veterans and their spouses a supper as well as special speakers.

In addition, this year we will honor Gordon Helme for his many years of service to veterans and as a SHINE councilor. Invitations have been mailed to Rochester Veterans of all ages. If you are a Veteran and didn't get an invitation please let us know so we can add you to our list.

Please RSVP to 508-763-8723

Veterans Benefits Counseling

Should you have a Veteran-related question, please contact **Barry Denham, Veterans Agent** at the Mattapoissett Town Hall at 508-758-4100; ext. 7.

SHINE

Serving the Health Insurance Needs of Elders

We continue to have the support of our two certified SHINE counselors. Ms. Janice Cote and Mr. Richard Arnold are available by appointment to review and discuss your insurance needs.

Call the COA to be put in touch with one of the counselors and schedule an appointment at your convenience.
508-763-8723

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.

REAL ID

Massachusetts has begun offering driver's licenses and identification cards that comply with a new federal security standard.

Both are considered REAL ID's

Starting October 1st 2020, a REAL ID or a passport will be required to fly anywhere in the US or to enter a federal building.

To get your REAL ID, you will need to make a trip to an RMV service center or AAA (Fairhaven). You will need to prove and provide your: US citizenship or lawful presence, your Social Security number and Massachusetts residency.

Start your application at www.mass.gov/id to save time.

A list of specific document requirements and more information can be found at: www.mass.gov/guides/massachusetts-identification-id-requirements.

Reminder:

Daylight Savings Time Ends Sunday, November 3rd.

Turn your clocks back one hour.



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.

November 2019

Sunday, November 24th 11:30-1:30 ORRHs Thanksgiving Dinner Tickets are Limited	Tuesday, November 5th 5-7 pm Veterans Supper			
Monday	Friday			
For Weather emergencies and cancellations please listen to 1420 am WB5M radio.	7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mah Jong 11:30 Pampered Chef Demo 12:00 Pampered Chef Lunch 1:15 Chair Yoga 2:30 Stepping & Stretching	7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:30 Line Dancing Class 9:30 Conversational French 12:00 Chair Yoga 1:30 Movie		
Tuesday	Thursday	Coastline Elderly Nutrition Program Tues, Wed, & Thurs. Lunch Reservations & Cancellations: 508-763-8723 24 Hours in Advance	Program note: PACE Fuel Assistance help is available every Thursday in November from 1 - 2 pm.	
Wednesday	Friday	Scheduling Note: No Evening Bingo November through April.	7-9 Breakfast 8:00-12:00 Fitness Room 9:45 Ballroom Dance Class 10:00 Blood Pressure Clinic 10:00 Fieldstone Farm Shopping 11:30 Lunch: Roast Pork, Apple Gravy, Sweet Potatoes 12:30 BINGO / 7:00 ZUMBA	7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Hand & Foot 11:30 Lunch: American Chop Suey 1:00-2:00 PACE Fuel Help 2:30 Stepping & Stretching 3:00 Legal Appointments by Attorney Beaulieu
7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 12:00 Hanna's Luncheon 1:15 Chair Yoga 2:30 Stepping & Stretching 7:00 Special Town Meeting at the Memorial School	7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:30 Happy Hookers 10:00-2:00 Fitness Room 10:15 Senior Book Club 11:30 Lunch: Pineapple Ginger Chicken, Jasmine Rice 1:00 Line Dancing Class	7-9 Breakfast 8:00-12:00 Fitness Room 9:45 Ballroom Dance Class 10:00 Blood Pressure Clinic 10:00 Fieldstone Farm Shopping 11:30 Lunch: Mac n' Cheese, Escalloped Tomatoes 12:30 BINGO / 7:00 ZUMBA	7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Hand & Foot 1:00-2:00 PACE Fuel Help 11:30 Lunch: Roast Turkey 2:30 Stepping & Stretching TRIP: 8:30-4:40 Pheasant Lane Mall and Merrimack Valley Premium Outlets	
Thursday	Friday	7-9 Breakfast 8:00-12:00 Fitness Room 9:00-11:00 Scrabble 11:30 Lunch: Beef Stir Fry, Asian Rice 9:30-2:00 Happy Hookers 11:30-2:30 50c Coastal Counties Free Legal Help Call for a half hour Appointment 1:00 Line Dancing Class	7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Line Dancing 9:30 Conversational French 11:00-1:00 Birthday Party- By Invitation	
Friday	Monday	7-9 Breakfast 8:00-12:00 Fitness Room 9:45 Ballroom Dance Class 9:00 COA Board Meeting 10:00 FRIENDS Board Meeting 10:00 Blood Pressure Clinic 10:00 Fieldstone Farm Shopping 11:30 Lunch: Apricot Chicken, Butternut Squash Soup 12:4 GBBB Food Pick-Up 12:30 BINGO / 7:00 ZUMBA	7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Hand & Foot 11:30 Lunch: Meatloaf w/Gravy 1:00-2:00 PACE Fuel Help 2:30 Stepping & Stretching TRIP: 8:30-4:40 Casselberry Faire at the Shriners Auditorium in Wilmington	
Saturday	Tuesday	7-9 Breakfast 8:00-12:00 Fitness Room 9:00-11:00 Scrabble 10:00-2:00 Fitness Room 11:30 Lunch: Chicken Salad, Bowtie Pasta Salad 1:00 Line Dancing Class	7-9 Breakfast 8:00-12:00 Fitness Room 9:00-11:00 Scrabble 10:00-2:00 Fitness Room 11:30 Lunch: Chicken Salad, Bowtie Pasta Salad 1:00 Line Dancing Class	
Sunday	Monday	7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 12:00 Ken & Lorraine's Boiled Dinner Luncheon 1:15 Chair Yoga 2:30 Stepping & Stretching	7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:45 Ballroom Dance Class 10:00 Blood Pressure Clinic 10:00 Fieldstone Farm Shopping 11:30 Lunch: Shepard's Pie 12-2 Senator's Office Visits 2:00 Senior Center Closes	
Monday	Tuesday	7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mah Jong 11:30 Pampered Chef Demo 12:00 Pampered Chef Lunch 1:15 Chair Yoga 2:30 Stepping & Stretching	7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:45 Ballroom Dance Class 10:00 Blood Pressure Clinic 10:00 Fieldstone Farm Shopping 11:30 Lunch: Shepard's Pie 12-2 Senator's Office Visits 2:00 Senior Center Closes	
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NOVEMBER 2019 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. DIANE SULLIVAN
DAVID WHITNEY
3. CHRISTINE OUMETTE
ANNE HOLBROOK
KAREN MADDEN
MARGARITA MERGET
4. THERESA BABINEAU
RENEE OUELLETTE
STANLEY MOSZCZENSKI
JUDITH DUPONT
JAMES MCENROE
ALFRED CABRAL
5. PETER MARSHALL
ROBERT TUBBS
LORNA BOULANGER
DONNA FOREST
ROBERT O'BRIEN
DAVID CLARKE
LUCINDA MAAK
JOHN OHRENBERGER
6. JOSEPH HOWARD
JEANNINE HERMAN
7. WARREN BASSETT
8. CANDICE HAHN
CYNTHIA CHAMPAGNE
FLORENCE LAWRENCE
JOHN TAYLOR
MARK UROLATIS
STEPHEN ROOSE
LINDA CASEY
9. JACQUELINE DEMERS
JOHN TEAL
SHEILA VARDARO
CHESTERBOBROWIECKI

9. REBECCA WILLIAMS
ROBERT MCGEE
10. WILLIAM NAZZARO
RICHARD KUCINSKI
KATHERINE JACKSON
MARILYN GENTRY
11. FRANCIS FERREIRA
PETER BRENNER
MARLENE BRENNER
BARBARA HOLMBERG
12. COLLEEN GOULART
SANDRA JONES
DORIS BOUCHER
13. MARIA MARTIN
CAROL SMITH
MELINDA LABRANCHE
JAMES RODERICKS
LOSHENG DAI
JENNIFER RICKARD
GARY NOBLE SHRIVER
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
JUDITH TALLMAN
LISA BUSSENBER

17. KAREN CHASE
JAMES MURPHY
THOMAS CULLEN
JOHN VIERA
18. DONALD BOULANGER
JANE PUCELLO
ROBERT PAULINE
SUSAN NOBREGA
19. WILLIAM VINCENT
BRADLEY WALKER
FERNANDE LAMBERT
20. PAULINE BOURGEOIS
ALFRED MELLO
VIVIAN MEDEIROS
JOSEPH GOYETTE
21. DONNA MERUSI
DEBRA GIRARD
RUSSELL GIRARD
NANCY DEMMER
JOYCE JAKUSIK
22. ARLENE CARREIRO
MILDRED CHAVES
LINDA SMITH
PATRICIA REILLY
BEATRICE RENAULD
KEVIN RILEY
MARY SHEA
23. JANET LACROIX
JAMES EDMONDS
RAYMOND COUTU
LENINE GONSALVES
ELIZABETH TREPANIER
TIMOTHY SCHOLTZ
WILLIAM BACCHIOCCHI

24. THERESA DESROSIERS
PAUL BOUDREAUX
25. DAVID VERMILYA
WILLIAM SOUZA
26. MIKE SHEA
27. RITA GRENIER
ROBERT CHANDLER
28. RITA ROBAR PERRY
29. GERALD HAHN
CARLENE BITTNER
GARY RILEY
KAREN GOVONI
JAMES MILLS
SUSAN TODD
MARK THOMPSON
30. JAMES FRASER
LAURA ANDREWS
YVONNE BENTON
MARSHA HARTLEY
NANCY OTTO
CHERYL ANDRADE

**COMPLIMENTARY
BIRTHDAY
BREAKFAST ON YOUR
BIRTHDAY!**
Monday - Friday
7:00 - 9:00 a.m.

At The Ye Olde Breakfast
Shope Sponsored by the
Friends of the COA & the
Rochester Lions Club

**PLEASE SHOW YOUR SUPPORT TO OUR NEWSLETTER ADVERTISERS WHENEVER YOU CAN!
WE APPRECIATE THEIR SUPPORT!**

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THANK YOU to our NEWSLETTER ADVERTISERS!!!

Continuing this month:

Grocery Shopping at Fieldstone Farm Marketplace every Wednesday for 10:00- seniors receive 10% off purchases with their COA swipe card! Call 508-763-8723 to reserve your ride.

November Trips & Special Events

Thursday, November 14th

Casselberry Faire at the Shriners Auditorium in Wilmington Mass. Lunch in area.

Opens at 9:00 Leave 8:30; Return 4:00

Thursday, November 21st

Pheasant Lane Mall and Merrimack Valley Premium Outlets

Leave 8:30 Return 4:00.

Sunday, November 24th

Annual Tri-Town Senior Citizens Thanksgiving Dinner at Old Rochester Regional Junior High School from 11:30-1:30.

Please call the COA to reserve your ride for any of the above events. 508-763-8723

How do I know what is happening at the COA?

Be sure to check the following for any unforeseen changes that may occur to scheduled COA activities throughout the month to activities:

Facebook page: Rochester Council On Aging
website: www.rochestermaseniorcenter.com

The COA can also be reached at 508-763-8723 or via e-mail at: coa.rcoa@comcast.net

TRIP NOTE:

Many COA trips require a pre-payment at the Senior Center to ensure your ticket. Others may require payment upon admission at the event. Please call the COA for details, and to sign-up well in advance for any of the listed trips. We typically need a minimum of 5 people per trip.

TRANSPORTATION NOTE:

COA Policy asks all to give a \$5.00 donation when signing up for COA transportation services. The \$5.00 goes to support transportation expenses. FYI: Our large van holds 13; the other vans hold 8 each.