

Board of Directors

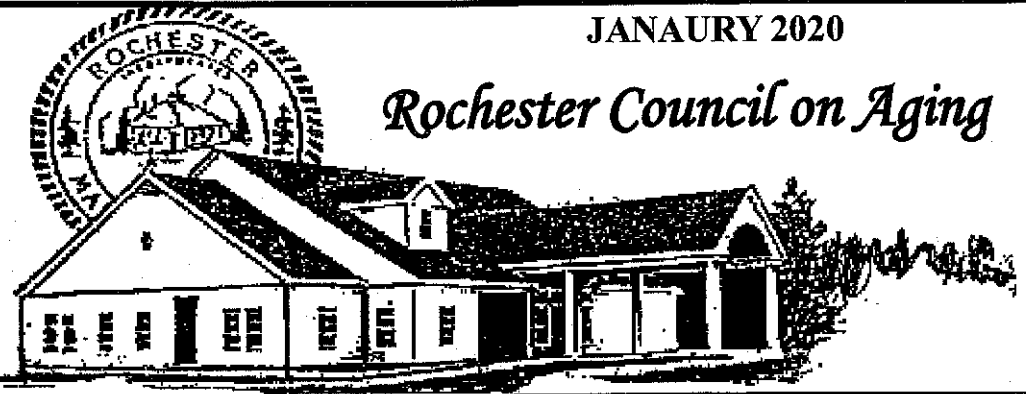
President: Mike Cambra
Vice-Pres.: Gordon Helme
Secretary: Jackie Demers
Vol. Clerk: Phyllis Voit
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Prog. Asst': Ann Soares
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JANUARY 2020

Rochester Council on Aging



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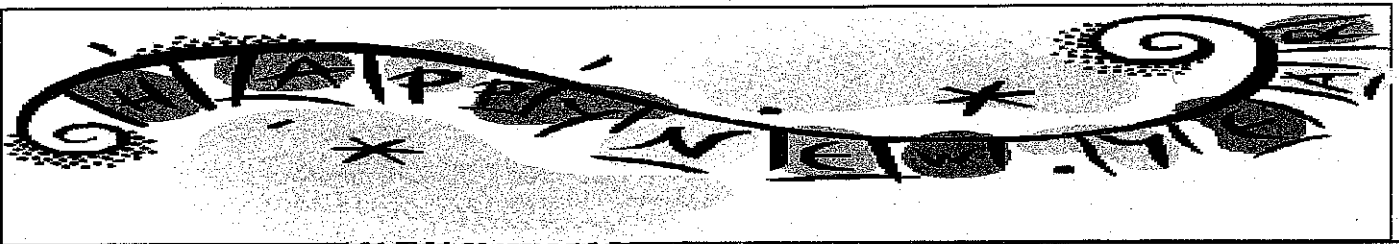
Senior Center Hours: Monday - Friday 8:30 AM - 4 PM

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

www.rochestermaseniorcenter.com; e-mail: coa.roca@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.*



Holiday Calendar Notes

January 1st Closed for the New Years Holiday.

January 20th Closed for the Martin Luther King Holiday

"COA Board Meeting"

The Rochester Council on Aging Board of Directors will hold its monthly Board Meeting on Wednesday, January 8th at 9:00 a.m. at the Town Hall. Any Rochester resident is welcome to attend.

"FRIENDS"

"The Friends of the Rochester Senior Center, Inc." will hold its Annual Board Meeting on Wednesday, January 8th at 10:00 a.m. at the Town Hall. Any dues paying Friend is welcome to attend the meeting & is encouraged to get involved with the fundraising.

Inclement Weather / Senior Center

Information

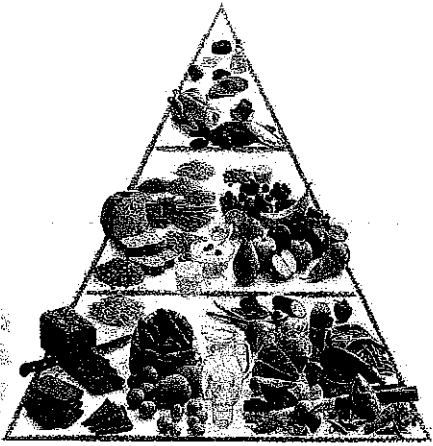
When snowy or icy weather impacts our area and causes the Rochester schools to close, the Senior Center will cancel all activities and transportation for safety's sake. Please tune into local AM radio or television stations for school closing announcements. Staff are expected to report to work as usual unless told to do otherwise by Town Hall officials.



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!



Volunteers Needed

- Breakfast Cooks
- Breakfast Dishwashers
- Breakfast Waitresses
- Breakfast Substitutes for all roles
- **Monday Lunch Clean-Up Asst's**
- Set-Up & Clean-Up-Special Events

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, or to legally register & sign-up for the monthly distribution with GBFB. The Food Distribution will take place on Wednesday, January 15th 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 scheduled date. Please mark your calendar.

Congregate Lunches

Hot meals are available for seniors on Tuesdays, Wednesdays, & Thursdays at 11:30 a.m. at the Senior Center. Anonymous Voluntary Donations of \$2.00 per meal are accepted. Call 508-763-8723 at least one day in advance to reserve your meal. This program is operated by Coastline Elderly Services, Inc. and food is delivered fresh daily.

Cheryl and Ken's Special Luncheon

Director Cheryl Randall-Mach and Chef Kenneth Vieira will be preparing soup and sandwich on Monday January 6th at noon. Please feel free to join us for "Award Winning" Kale Soup and Grilled Cheese Sandwiches here at the Senior Center. A donation of \$5.00 is appreciated for the meal at sign-up. Anyone is welcome to attend, but please call us in advance, so that we have enough for everyone. Call if you need a ride at 508-763-8723.

Hannah's Special Luncheon

Hannah Milhench and her team will prepare a delicious luncheon on Monday, January 13th at 12:00, here at the Senior Center. Anyone is welcome to attend, but must sign up in advance. An anonymous donation of \$5.00 per person is suggested for the meal at sign-up. If you would like a ride in, please call us at 508-763-8723.

Lorraine & Ken's Special Luncheon

Outreach Specialist Lorraine Thompson and Chef Kenneth Vieira will be preparing a wonderful lunch for all of us on Monday January 27th at noon. Anyone is welcome to attend, but must sign up in advance. A donation of \$5.00 per person is suggested for the meal at sign-up. If you would like a ride in, please call us at 508-763-8723.



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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 Fitness Room Program is open 5 days a week.

The schedule is changing for 2020 due to budget cuts to this federally funded program.

The 2020 schedule is:

Mon., Wed., Thurs., Fri.
9:00-12:00

Tues. 10:00-1:00

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

There is a monthly membership fee of \$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.

Anyone of any age is welcome to be a member.

Podiatrist Visits – 1/2/20

Podiatrist, Dr. Sarah Derosier, will be here to offer foot care on Thursday, January 2, 2020 by appointment only.

If you need a ride into the senior center that day, call us at 508-763-8723, and we will be happy to provide that for you.



Weekly Grocery Shopping

Starting Wednesday 8th the COA van will travel to Market Basket at 9:30. Please call to reserve your space on the van at 508-763-8723.

Chair Yoga

Programming Note: There will be no Yoga on 1/3/20 and 1/6/20.

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, and increase your sense of well-being, leaving you feeling revived and relaxed. Cost: \$3.00 suggested donation per person per class. No advance registration necessary. Anyone is welcome.

Stepping and 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 welcome. All seniors are welcome.

Zumba

Please join us for this fun activity. Wednesdays, 6:00-7:00 p.m., Cost: \$5.00 per person, payable directly to instructor, Liz Ashley. Let it move you- no advance registration necessary and anyone is welcome. Just come and enjoy.

Line Dancing Class

Traditional and Country Western – Tuesdays at 1:00; and Fridays at 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. There is a \$2.00 donation per person per class. No registration needed. All ages, intermediate levels & up are welcome.

Ballroom Dancing Class

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.

Cribbage and Mah Jong

Monday mornings from 9-11:30, card tables are available for anyone wishing to play a game of Cribbage or a game of Mah Jong. Interested in playing or learning? Please come on down to the COA and help pass these cold winter months.

Recreational Programs

BINGO!

We love our Bingo- Try your luck at our Wednesday afternoon Bingo game from 12:30-3:00 at the Senior Center. Half time refreshment break. We play by the MA Senior Citizen Re-creational Bingo laws; 50 cents per card; 25 cents per game. There is no card limit. All money collected will be given in prizes that day. All Senior Citizens are welcome to play. Call for a ride if needed. 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.

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.

Fridays are Movie Days at the COA

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

All movies are new releases scheduled through Netflix. Call us by Wednesday each week to confirm the movie for viewing that coming Friday afternoon starting at 1:30.

Have The Winter Blues?

Just in time to beat the winter blues the Council On Aging is having a Special Bingo (weather permitting) on January 13th from 6 – 9 pm doors open at 5 pm. Our very own Ann Soares will be returning to host this event! She also wants you to mark your calendar for February 17th as well. She writes that "those Bingo peeps on Monday nights are a wonderful group who welcome all newbies- so please come and join us." Hope to see you there.



The Happy Hookers Rug Hooking Group will meet on Tuesday, Jan. 14th from 10:00-2:30.

Senior Book Club – Tuesday, January 21st at 10:15

The monthly senior book club will meet at the senior center on Tuesday, January 21st at 10:15. Anyone is welcome to attend. Rochester's Library Director will lead the group. The scheduled book is: "*Daring Ladies of Lowell*" by Kate Alcott.

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. Anyone is welcome to participate. Why not come for breakfast first, or maybe stay for lunch afterwards- help pass these grey winter days having some fun.

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January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>***** Senior Center Activities & Transportation Services are Cancelled When ORR Regional Schools are closed due to inclement weather</p>	<p>Join us for A New Year's Eve Celebration at 12:00. Make your reservation now</p>	<p>Senior Center Closed For the New Year's Day Holiday</p>	<p>7-9 Breakfast 8:00-1:00 Dr Sarah Derosier by Appt ONLY. 9:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch 2:30 Stepping & Stretching 3:00 Legal Appts.</p>	<p>7-9 Breakfast 9:00-12:00 Fitness Room 9:30 Conversational French 9:30 Line Dancing Class 12:00 NO Yoga 1:30 Movie</p>
<p>6. 7-9 Breakfast 9:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mah Jong 12:00 Cheryll's Famous Kale Soup & Grilled Cheese Sandwiches 1:15 NO Yoga 2:30 Stepping & Stretching Class</p>	<p>7. 7-9 Breakfast 9:00 Scrabble 10:00-1:00 Fitness Room 11:30 Lunch 1:00 Line Dancing Class</p>	<p>8. 7-9 Breakfast 9:00-12:00 Fitness Room 9:00 BOD Meeting at Town Hall 10:00 Friends Annual Board Meeting at Town Hall 9:30 Market Basket Shopping 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch 12:30 BINGO 6:00 ZUMBA</p>	<p>9. 7-9 Breakfast 9:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch 2:30 Stepping & Stretching</p>	<p>10. 7-9 Breakfast 9:00-12:00 Fitness Room 9:30 Conversational French 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p>
<p>13. 7-9 Breakfast 9:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mah Jong 12:00 Hannah's Luncheon 1:15 Chair Yoga 2:30 Stepping & Stretching Class 6:00-9:00 Special Bingo</p>	<p>14. 7-9 Breakfast 9:00 Scrabble 9:30 Happy Hookers 10:00-1:00 Fitness Room 11:30 Lunch 1:00 Line Dancing Class 6:00-8:00 Veterans Social</p>	<p>15. 7-9 Breakfast 9:00-12:00 Fitness Room 9:30 Market Basket Shopping 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch 12:00-4:00 GBFB Pickup 12:30 BINGO 6:00 ZUMBA</p>	<p>16. 7-9 Breakfast 9:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch 2:30 Stepping & Stretching 5:30 Friends Pot Roast Dinner</p>	<p>17. 7-9 Breakfast 9:00-12:00 Fitness Room 9:30 Conversational French 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p>
<p>20. Senior Center Closed For the Dr. Martin Luther King Holiday</p>	<p>21. 7-9 Breakfast 9:00 Scrabble 10:00-1:00 Fitness Room 10:15 Senior Book Club 11:30 Lunch 1:00 Line Dancing Class</p>	<p>22. 7-9 Breakfast 9:00-12:00 Fitness Room 9:30 Market Basket Shopping 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch 12:00-2:00 Senator's Office Visits 12:30 BINGO 6:00 ZUMBA</p>	<p>23. 7-9 Breakfast 9:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch 2:30 Stepping & Stretching</p>	<p>24. 7-9 Breakfast 9:00-12:00 Fitness Room 9:30 Conversational French 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p>
<p>27. 7-9 Breakfast 9:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mah Jong 12:00 Lorraine & Kent's Lunch 1:15 Chair Yoga 2:30 Stepping & Stretching</p>	<p>28. 7-9 Breakfast 9:00 Scrabble 10:00-1:00 Fitness Room 11:30 Lunch 1:00 Line Dancing Class</p>	<p>29. 7-9 Breakfast 9:00-12:00 Fitness Room 9:30 Market Basket Shopping 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch 12:30 BINGO 6:00 ZUMBA</p>	<p>30. 7-9 Breakfast 9:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch 2:30 Stepping & Stretching</p>	<p>31. 7-9 Breakfast 9:00-12:00 Fitness Room 9:30 Conversational French 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p>

2020 JANUARY BIRTHDAYS

1. ALAN HARTLEY
KENNETH SCHNEIDER
VERONICA LAFRENIERE
SANDRA BRITTO
ROGER PRESTON
JANET LAINE
LAURA RUSINOSKI
JOHN O'DONOGHUE, JR
GEORGE SHERRY
2. WAYNE WRIGHT
CALVIN MAXIM
LUCILLE BOUSQUET
3. CHRISTINE ROSSI
LINDA KNUDSEN
JAYE HAVILAND
4. SHEILA LANDRY
5. ROBIN SOMMO
WILLIAM THOMPSON
NANCY BROOKS
CHRISTINE INGHAM
KENNETH VEARY
6. MARY LOSCH
DAVID JENNINGS
HERBERT LEPAGE
7. DEBORAH BACCHIOCCHI
JOAN CHIPMAN
DEBORAH BRIGGS
DALE DEBACHER
DOMENIC FRINGUELLI
WILLIAM JAKUSIK
PATRICIA KELLEY
8. ROBERT CLARK
DEBRA CANASTRA
BRIAN LANNAN
SANDRA BOCK
STUART MITCHELL
GERARD CARREAU
EDWARD CARR
9. CHRISTOPHER BREWER
ELIZABETH HATHAWAY
KENNETH BUSSENGER
MARCIA ROSS
10. HENRY DEMELLO, JR

- THOMAS BRETTO
JEAN MARMARAS
11. DONNA ZIOBRO
PATRICIA POTTER
PATRICIA ANDRADE
ROLAND GRENIER
WILLIAM HARTLEY
 12. LEE CARR
RUTH MCCRA
KATHLEEN BURKE
KATHLEEN COFFEY
EDOUARD KAETERLE, JR
 13. BRENDA LYNCH
MARGARET WRIGHT
GEORGE PATISTEAS
 14. MICHAEL DICROCE
JEFFREY PONTE
GARY FLORINDO
JANICE COTE
HENRY RIOUX
MAURICE BELLIVEAU
 15. LINDA GOMES
MERION THOMPSON
DONALD BARROWS
DONNA GOODWIN
ROSEMARY SMITH
BERNARD FLOOD
LILLIAN LETOURNEAU
 16. CLAIRE BELROSE
JOHN HOPKINS
MARCIA CHAMPAGNE
TIMOTHY PALMER
RICHARD HARDING
JOHN MADDEN, JR
MAURICE CHRISTOPHER
NORMAN LIZOTTE
 17. ROBERT FRANCIS
SUSAN HOPKINS
AMY HARRINGTON
WILLIAM MASON
DEBORAH MAKSY
SHARON MCDONALD
RACHELSPAULDING
 18. LARRY NIGHTLINGER

- MICHAEL KAURANEN
19. LOIS BUCKLEY
LUCILLE BOUCHER
ROGER BOUCHER
BRUCE MARVILL
WILLIAM LOSCH
JACQUELINE SOUSA
ANTHONY RUOCCO
JANE LARUE
GARRY BARNEY
 21. DEOLINDA AMARAL
ROBERT BUTLER
LARRY LAKE
LINDA CYR
 22. LAURENE GERRIOR
LESLEY TAYLOR
SANDRA STANHOR
M BRADFORD GURNEY JR
ROBERT MORRISON
 23. ROBERT LARUE
SHARON ELLIS
RICHARD KIDNEY
JANET PETERSON
ALEXANDER MARSDEN
 24. WILLIAM JOYCE
CHERYL KIDNEY
RICHARD MUNROE
MARIO CONDE
BETSY VINCENT
ROBERT MORRIS
CATHY BISHOP
LINDA WESTGATE
LUCY TAHTINEN
JOHN PAUL MELLO
FRANK ROGERS
 25. STEVEN SOL
MARYANN SULLIVAN
ROSEMARY BOLING
PAUL WHITEHEAD
CYNTHIA ZIEWACZ
CAROL CAREY

- CLARA HATHAWAY
ALEXANDER THOMPSON
FREDERICK PANTANO
26. PHILIP LEFAVOR
 27. ALBERT OLIVEIRA
 28. GARY BRETON
AVID PELTIER
 29. TERRANCE BROOKS
FRANK WHITE
THELMA ROGERS
ROBERT GIGUERE
JOLIE BENOIT
 30. JAMES SCHEUNEMAN
CHRIS SHARPLES
RAYMOND CANASTRA
GAIL SCHAEFER
MARION FAELTON
 31. SUSAN CUSICK
SUSANNE PEREIRA
ANNETTE LAWRENCE
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Programming Note:

There are no day trips during the months of January and February due to uncertain weather conditions. This is a great time to check out the many activities offered locally at your COA. We would love to see you.

Are You Eligible for the Mass. Senior Circuit Breaker?

Even if you don't file taxes, you might want to check on the Mass Circuit Breaker program. You must be 65 or over, rent or own your own home which cannot be assessed at more than \$693,000, and have an income less than \$57,000 for 1 or \$84,000 for a couple. Taxes paid must be greater than 10% of your total income. Rental property must be greater than 25% of your income. Check with your income tax preparer to see if you are eligible!

French Conversation Group

The very popular Conversational French class is continuing for the winter at the COA! Volunteer facilitator Suzanne Pelletier hosts the class in the COA conference room each Friday from 9:30 to 10:45. This free class offers an informational and fun approach to French social conversation and culture. It is open to all who are interested in learning, speaking or just listening to the French language. No sign up is necessary. Please join us during these chilly months for a multicultural experience.

Hello everyone,

Yes, winter is upon us and we may be somewhat limited regarding travel and energy level. While distant activities are somewhat limited it is always good to reflect on the gifts we have at hand. Many local churches and schools have wonderful winter programs. The COA is close, with exercise and social events occurring all week. Our volunteer run breakfast program is just one of the wonderful things that bring warmth to the heart of our town. Noon time lunches also offer hot meals and laughter as we gather together.

We hope to see you at the COA during these dark, chilly months. Together we can brighten each other's days!

Please don't hesitate to give us your feedback on how we can improve current activities, or let us know what you would like to see when the "spring thaw" occurs.

Sincerely,
Cheryl Randall-Mach, Director



Pot Roast Supper

Salad ❄️ Potato ❄️ Carrots ❄️ Onions ❄️ Gravy ❄️ Dessert



Thursday, January 16, 2020

Rochester Senior Center

5:30 PM

\$10/adult \$5/child

Raffle & Trivia

Sponsored by FRIENDS of RSC

For planning purposes please call

508 763 8723

**to make your reservation by January 10th
or see Lorraine for tickets**

ATTENTION MEMBERS



FRIENDS
of
Rochester Senior Center
Annual Meeting

on
Wednesday, January 8, 2020
10:00AM
in the Town Hall Meeting Room

Agenda includes:

Election of Directors for 2020
Review of New Bylaws
Vote to Adopt New Bylaws

Please come... we need your vote!