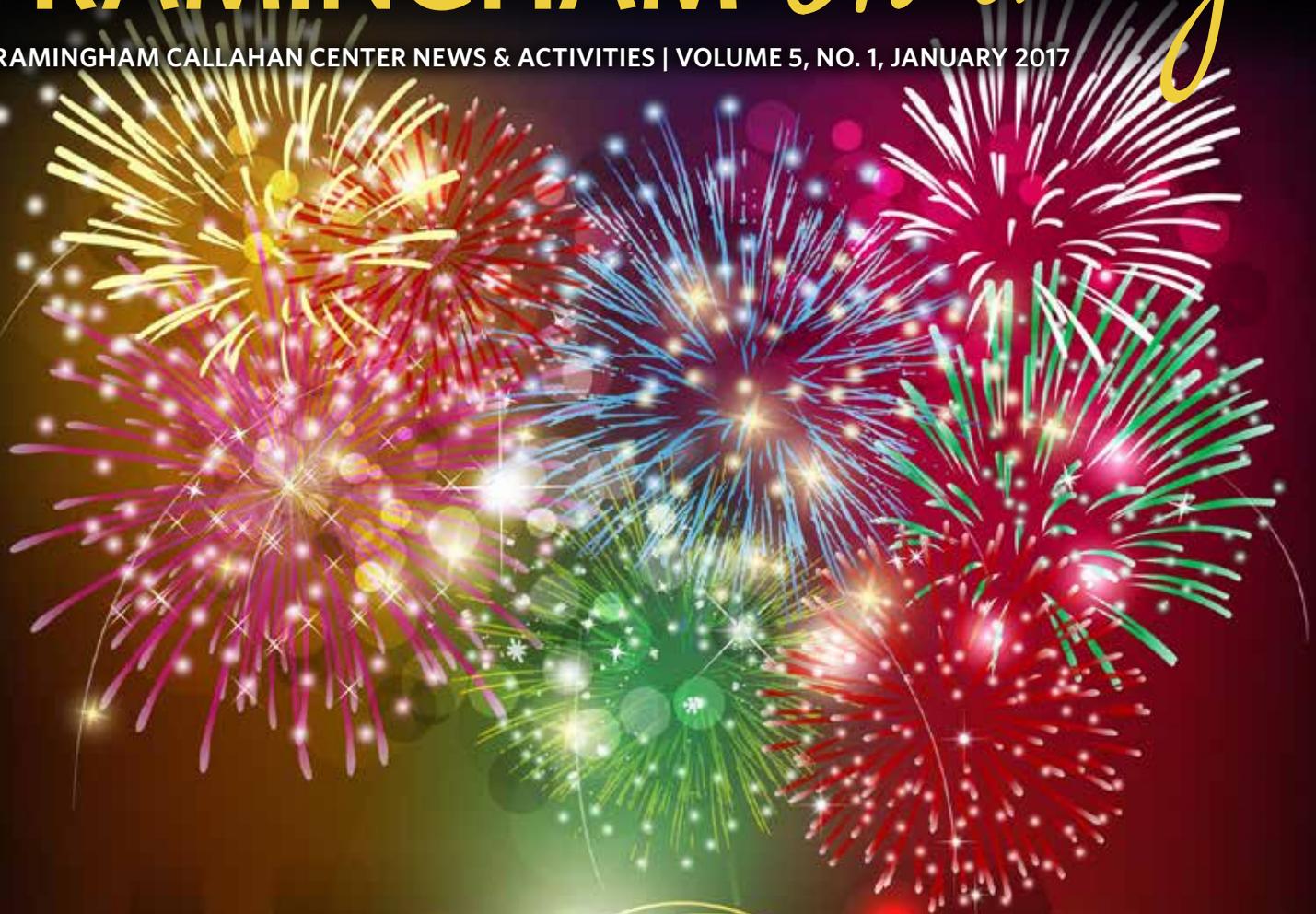


CALLAHAN COURIER

FRAMINGHAM *on the go!*

FRAMINGHAM CALLAHAN CENTER NEWS & ACTIVITIES | VOLUME 5, NO. 1, JANUARY 2017



H A P P Y N E W Y E A R

Special Thanks to our Proud Premier Sponsor:



A Simple Way to Keep the **Flu** Away

You can avoid the flu this season by taking one simple step: Get a flu vaccination.

Unfortunately, some people think that getting a flu immunization is too much trouble or costs too much. Or, they swear that a flu immunization will make them sick or make them more likely to catch the flu or even colds. Seasonal influenza (the flu) is caused by one of several strains of influenza viruses (type A or B) that infect the nose, throat and lungs, making life miserable for a week or two for many people and deadly for some. Flu season can begin as early as October and peak anywhere from late December to early April, according to the Centers for Disease Control and Prevention (CDC).

A flu vaccination is most important for children 6 to 59 months; adults ages 50 and older; anyone with a chronic disease; anyone who lives in a nursing home or other long-term care site; health care workers; and people who are in frequent contact with elderly adults or the chronically ill. The CDC says children between ages 6 months and 8 years who were never immunized or received only one dose of vaccine in the previous year should get two full doses of vaccine, one month apart. Even if you don't fall into one of the above groups, however, you are still a candidate for the vaccine if you want to avoid the flu.

Talk with your doctor first

Some people shouldn't be vaccinated for the flu before talking with their health care provider, the CDC says. These are reasons to talk with your doctor:

- You have a severe allergy (such as an anaphylactic reaction) to chicken eggs.
- You had previously developed Guillian-Barré syndrome in the 6 weeks after getting a flu shot.
- You currently have an illness with a fever; you should wait until symptoms improve before getting the vaccine.

Other prevention steps

You can protect yourself against the flu by doing simple things like washing your hands before eating and not putting your hands near your face or in your mouth. You don't need special cleansers when washing your hands. Washing for at least 20 seconds with ordinary soap works fine. If someone in your family has the flu, you can keep surfaces clean of the virus by wiping them with a solution of one part bleach to 10 parts water.

The other effective means of flu prevention is humidity. The flu bug exists in higher quantities in dry nasal and oral passages, which is one reason why flu epidemics occur in dry winter months. By raising the humidity in your workplace and at home to keep your nasal passages and mouth moist, your body will be better able to flush out the flu bug.

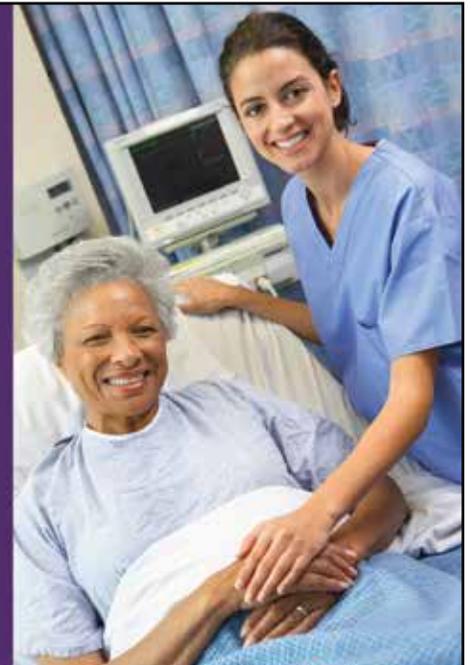


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At MetroWest Medical Center, patients are our number one priority. As your neighborhood hospitals and doctors, we are part of your community, providing advanced care when you need it most. We are committed to providing you high quality, comprehensive care, close to home.

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- | | | |
|-------------------------|-----------------------|---------------------|
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DIRECTOR'S CORNER

Hello Everyone,

Happy New Year! Since New Year's Day occurs on a Sunday, the Center will be closed on Monday, Jan 2, for the holiday. We hope you'll spend some of 2017 with us, either as a participant or as a volunteer. Connecting with others is one of the best things you can do to improve and maintain your health. We'd like to continue wishing you many more Happy New Years.

Please join us in wishing all the best to Jaime Fitts who is leaving the Callahan Center to work at Carlyle House. She will be greatly missed.

We thank everyone who helped us celebrate the Center's renewal as a senior center accredited by National Councils on Aging/National Institute of Senior Centers for the next five years. The Callahan Center is one of only eight centers in MA with this distinction. I'm very grateful for the caring and dedicated staff and COA Board Members we are fortunate to have at the Callahan Center.

If you are a Comcast customer who had to upgrade to a new set-top cable box and you are having difficulty with this give us a call. We have

volunteers ready to assist you with connecting to the new box.

Learn how to age well by attending the **Aging Continuum on Jan 10**. Save money by learning how to stream TV shows, music and more on **Jan 12 at Cutting the Cord**. Help yourself to a **free Hearing screening with Mass Audiology on Jan 17**. Caregivers can get some helpful tips by attending the **Glass is Half Full, on Jan 19**. If you need help deciding to downsize **Sort Your Treasures and Sell Your Home on Jan 24 will help with that**.

Happy Chinese New Year on January 28, 2017! Happy Year of the Red Fire Chicken starting Feb 3, 2017! Gong Xi Fa Cai!

Grace

CALLAHAN CENTER STAFF

STAFF

- Grace O'Donnell, MS, Director of Elder Services
- Carolyn Roycroft, Programs Manager
- Judy Lew, ESOL Instructor
- Esta Lichtenstein, Volunteer Coordinator
- Ralph Dunlea, Computer Room Coordinator
- Randy Aylsworth, Customer Service Manager
- Karen Buck, Front Desk Receptionist
- Carol Glover, Front Desk Receptionist
- Mary Kenney, Front Desk Receptionist

SOCIAL SERVICES

- Lisa Ushkurnis, MSW, LICSW, Supervisor
- Jamie Donchin, MSW, LICSW, Social Worker
- Gabriela Herscovici, BA, OT Bilingual Outreach Aide
- Sam Swisher, MBA, Outreach Volunteer Coordinator
- Deb Bourque, BA, CDP, Connections at Callahan Coordinator & Program Assistant of Continuing Connections

SHINE

- Kathy Worhach, SHINE Director
- Kathleen Grant, SHINE Asst. Director

CALLAHAN CENTER

535 Union Avenue (Handicap Accessible), **Framingham, MA 01702**
Telephone: 508-532-5980
 Web address: www.framinghamma.gov/360/Council-on-Aging
 Hours of operation: Monday-Thursday from 8:30 a.m.-4:30 p.m., Friday from 8:30 a.m.-1:30 p.m.

CALLAHAN CENTER MISSION STATEMENT

It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

DISCLAIMER NOTICE

We appreciate your concern with the accuracy of the information that goes into the Courier. We try, to the best of our ability, to present the information accurately. However, we are not fully responsible for any errors that may occur with the printing of this newsletter, or changes that take place due to the cancellation of a presenter or a program.

COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS

Chairman: Clyde Dottin
Vice-Chair: Rick Killigrew

Members:
 Linda Belleville
 Martin Cohen
 Kellianne Erath
 Larry Griffin
 Betty Muto
 Lynn Power
 Michelle Quinn Smith
 Fred Wallace.

**COA Board Meeting -
 Tuesday, January 10
 at 1:30 p.m.**



4 ANNOUNCEMENTS

DO YOU LIKE TO SING?

Join our Choral Group, Thursdays from 2-3 p.m.
\$3 donation.

SAVE THE DATE

St. Bridget's School Intergenerational Service Day, Tuesday, January 31 at the Callahan Center, please sign up at the front desk 508-532-5980.

A SPECIAL THANK YOU to the 5th graders & Ms. Goldman at Barbieri School in Framingham, for the beautiful handmade cards for the Veterans at the Callahan Center.

THE CALLAHAN CENTER will be closed Monday, January 2 in observance of New Year's Day, and on Monday, January 16 for Martin Luther King Jr. Day.

WE ARE SEEKING older adults with memory impairments who would benefit from being matched to an on-site partner volunteer. Please contact Deb Bourque 508-532-5980 ext. 4118 for more information.

PARKING AT THE CALLAHAN CENTER:

Although we have more parking spaces dedicated for people with disability placards than state regulations require, sometimes that is still not enough for those who need closer access to the entrance. If you are more able-bodied, please consider parking in the further sections of the lot to allow others who might have difficulty a space closer to the entrance. Your fellow seniors who are less vigorous than you will appreciate it; and your bones, muscles and joints will get even more of a workout. We appreciate your consideration of others' needs in this area.

Please be aware that the Callahan Center does not issue refunds for fee-based events or activities, unless those programs are cancelled by the Center.



Hispanic Group - Lunch at Keefe Tech, November 2016



Veterans Luncheon at the Callahan Center, November 2016



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HISPANIC SOCIAL GROUP

Thursdays at the Callahan Center from 10:30 a.m.-12:30 p.m.

Socialize, meet new friends, all are welcome to attend. Please contact Gaby, Bi-Lingual Outreach Aide for details 508-532-5980 x4111 for more info.

PRACTICALLY FIT CORE FUSION CLASS WITH MARYELLEN GIOMBETTI

Thursdays, January 5, 12, 19 & 26 1:30-2:30 p.m., \$3 fee per class

Think you need fancy equipment or props to strengthen your core and sculpt & shape the body? Think again. Have fun and get in shape with this low impact, low-intensity fitness class. We adapt traditional interval exercises and cardiovascular activities to help you strengthen your body and your mind! Set to music, this hybrid class will target your core and help alleviate stress through channeling the mind/body connection.

What to bring: Water. Got weights or resistance bands? Bring them to class and we'll work them in.



CRIBBAGE

Thursday, January 5, 12, 19 & 26, 9:30 a.m.

If you are a beginner, would like a refresher, or just to play, please join us! Learn the ins and outs of playing this two, three or four-person card game. Explore the rules and strategy, play and counting of the hand.

GENEALOGY GROUP

Mondays, January 9, 23 & 30, 1-4 p.m.

Are you interested in knowing more about your ancestors? Our Genealogy group will help you find where they lived, with whom they lived, their occupations, and much, much more. You might even see their signature. It may be possible to find their immigration records. The Genealogy group will discuss free websites, as well as some that require a fee. **All are welcome to attend.**



MARY MAKE DO CRAFT CORNER

Mondays, January 9, 23 & 30, 10 a.m.-4 p.m.

Can't Sew? Sew what... learn to make a simple sewing project that anyone can do. Projects vary according to group interest. Basic sewing machine skills. Please bring your own sewing machine if you have one. **Please sign up at the front desk 508-532-5980.**



CONVERSATION AND HUMOR

Monday, January 9, 23 & 30, 12-1 p.m.

*Do you want to laugh?
Would you like to gripe about a pet peeve?
Do you have a joke to share?
Would you like to just listen??*
If you answered "yes" to any of the above questions, why not join us. What transpires here, stays here!

SPORTS FANATICS

Mondays, January 9, 23 & 30 10-11:30 a.m.

Come all Ye Sports Enthusiasts, Men and Women.
For more info contact Sam Swisher or Mark Goldman
Phone: Sam: 508-532-5980, ext. 4113
Email: Sam: ccvolrec@gmail.com
Mark: goldmanmj59@yahoo.com



CARLYLE HOUSE
A Privately Owned Village Square Community

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508-879-6100
www.carlylehouse.biz

Welcome to Carlyle House. We are a privately-owned, 55 bed, single-level skilled nursing facility nestled on beautifully landscaped, wooded grounds close to the heart of Framingham. Whether you need skilled nursing, short term rehabilitation or long term care, memory care, palliative care or hospice services, our mission is to provide you and your loved ones with the highest quality of care while offering the most compassionate approach in a comfortable homelike environment.



6 PROGRAMS AND ACTIVITIES

TAI CHI (YANG STYLE)

Mondays, January 9, 23 & 30

1-2 p.m., \$3 fee per class

Instructor, Robin Natanel is a member of the White Crane Taoists at the Harmonious Dragon Tai Chi School in Berne Switzerland. The class begins with meditation, moves into some Qi Gong, then light joint exercise (Temple Exercises) and then you will learn the Tai Chi Form. I tell first time students..."Tai Chi is a process not a pill! Start where you are and you'll get where you're going!"



THE AGING CONTINUUM

Tuesday, January 10, 1-2 p.m.

Most people stay healthy and active for 20 years or more after they retire. When thinking about retirement, we think about financial planning and perhaps legal planning. Rarely, if at all, do we think about planning for the aging continuum.

In this interactive workshop, Malka Young will help you assess your current activities contributing to your positive health and wellbeing to gain an understanding of your strengths and identify opportunities focusing on 5 key areas: Understanding Normal Aging, Taking Charge of Your Health, Beyond Money, Purposeful Engagement, and Embracing the Great Unknowns.

Malka Young, LICSW is the Director of Elder and Communal Services at JFS of Metrowest. She has been working with older adults and their families in Framingham for over 30 years. Please sign up at the front desk 508-532-5980.

BEADING WITH MARILYN

Wednesday, January 11 & 25, 10-11 a.m.

Have fun, be creative! Come and make your own beaded jewelry creations. Marilyn will teach you basic techniques. Materials provided. Sign up at the front desk 508-532-5980.



CUTTING THE CORD: ALTERNATIVES TO CABLE

Thursday, January 12, 9:30-10:30 a.m.

Join Technology Librarian Allison Palmgren for a discussion and demonstration of various devices and services that allow users to stream television shows, movies, music, and more at a fraction of the cost of cable. **Please sign up at the front desk 508-532-5980.**

MASS AUDIOLOGY

Tuesday, January 17, 1-3 p.m.

Please sign up at the front desk for your free hearing screening 508-532-5980.



THE GLASS IS HALF FULL

Thursday, January 19, 10-12 p.m.

In this two hour workshop participants will learn practical, field-tested methods for creating a day full of rich experiences for their loved one, utilizing Hearthstone's internationally acclaimed "I'm Still Here" approach. A caregiver toolkit for providing purposeful engagement for persons living at home with memory challenges. Please RSVP to Lisa 508-532-5980 x2.

MOVING FOR BETTER BALANCE

Mondays & Fridays (Beginning, January 23 at the Callahan Center), 11 a.m.-12 p.m.

Helping you feel strong, steady and safe through a Moving for Better Balance class: This is a 16 week Evidence-based class to help you improve your balance, strength, flexibility and mobility through slow therapeutic Tai Chi movements. This is a grant funded class under the Prevention Wellness Trust Fund and the grant requires a completion of 50 sessions for each participant. Help us help seniors by completing this program so funding continues in the Metro West community. Please call Laura Gilbert 508-879-4420 ext. 32 or email her lgilbert@metrowestymca.org for more information. **Please sign up at the front desk 508-532-5980.**



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SORT YOUR TREASURES AND SELL YOUR HOME

Presented by: Daryl Lippman, Senior Real Estate Specialist & Ann Newberry, Senior Move Manager

Tuesday, January 24, 1 p.m.

*Feeling burdened with your current home? Overwhelmed by the thought of moving? Stuck between "Should I stay or should I go"? Attendees will learn selling and moving does not have to be an impossible task as we discuss options to sort, declutter, market and sell your home. **Please sign up at the front desk 508-532-5980.***

CALLAHAN CENTER KNITTERS

Friday, January 27, 10:30 a.m.-12 p.m.

All are welcome to join. This isn't an instruction class, but our experienced knitters can help answer most knitting challenges you may have. Come learn new patterns, chat with new and old friends and have a good time! Please contact Esta for additional information 508-532-5980 ext. 4110.

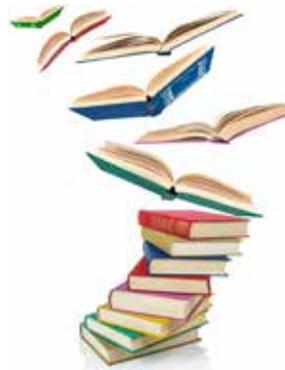


THE BOOK DISCUSSION GROUP

will meet **Thursday, January 26th from 1-2 p.m.** The title for this discussion is *The Other Side of the Bridge* by Mary Lawson.

Two brothers--Arthur--reticent, solid, dutiful, set to inherit the farm, and Jake--attractive, mercurial, the family misfit--are in love with the same woman. This is an old story that takes on a luminous originality in this novel. The story begins in the 1930s in a small town in northern Canada with World War 2 looming, and comes to a climax in the 1950s when a third man - Ian accepts a job on the brothers' farm and falls in love with one of their wives.

We invite you to join us each month for friendly, lively, and often thought-provoking discussions about authors, books, literature and life. Even if you have not read the book you are welcome—just be prepared for *spoilers*. If you have read the book and did not like it, you are also welcome. Your opinion adds interest to the discussion.



For more information please contact Eleanor Brody at 508-872-6162 or at eleanorbrody1@gmail.com

Winter Driving & Survival Tips

Take these special driving precautions during the winter months.

- * **Make sure your car is ready** for the season & keep your gas tank at least half full to avoid gas line freeze.
- * **Avoid traveling in severe weather** & tell someone where you are going.
- * **Stock your car** with a scraper, brush, shovel, jumper cables, tow chain & a bag of sand or cat litter for tire traction. Keep an emergency survival kit in the car.
- * **Brush all snow off** your car including headlights & tail lights so that other motorists can see you.
- * **Adjust your speed** to road conditions & increase following distance.
- * **If you find yourself stranded**, stay calm & stay put. Run your engine for heat about once an hour. Make sure your exhaust pipe is clear to prevent carbon monoxide from getting into the car. Leave one window slightly open. Tie a piece of brightly colored cloth to your antenna to alert others.
- * **Consider taking a cell phone** with you for use during emergencies. Be sure the batteries are fully charged & consider bringing a spare battery.



Tips from the Minnesota Department of Public Safety



BEAUMONT BAFFLER!

How old was Martin Luther King Jr. when he entered college?

- A. 18 C. 15
- B. 17 D. 21

See answer at bottom.



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SUPPORT GROUPS AT CALLAHAN CENTER

- Bereavement Support Group:** Mondays, January 9, 23 & 30 at 10 a.m.
- Better Breathers' Support Group:** Wednesday, January 11 at 12 p.m.
- Caregivers' Support Group:** Wednesday, January 25 at 1 p.m.
- Diabetes Support Group:** Tuesday, January 31 at 10 a.m.
- Grandparent Support Group:** Wednesday, January 11 at 7 p.m.
- Low Vision Group:** No meeting in January.
- Parkinson's Support Group:** Tuesday, January 17 at 1:30 p.m.
- Stroke Survivors' Support Group:** No Meeting in January.

"HEALING INSIDE & OUT" - TUESDAYS IN THE WELLNESS CLINIC AT CALLAHAN CENTER

(For Seniors Only)

Bodywork Therapy: 22nd and 4th Tuesday from 9:30-11:30 a.m. with Deborah Tompkins (Bodywork Therapist, Registered Polarity Therapist).

Community Style Acupuncture: 1st and 3rd Tuesday from 11:30-1:30 p.m. with Linda S. Thomas (MAc [Master of Acupuncture], LAc [Licensed Acupuncturist]). Community Acupuncture you may stay as long as you wish during 12-2 p.m. and the cost is \$15.

Wear comfortable, loose clothing to any and all appointments. Please sign-up by calling 508-532-5980.

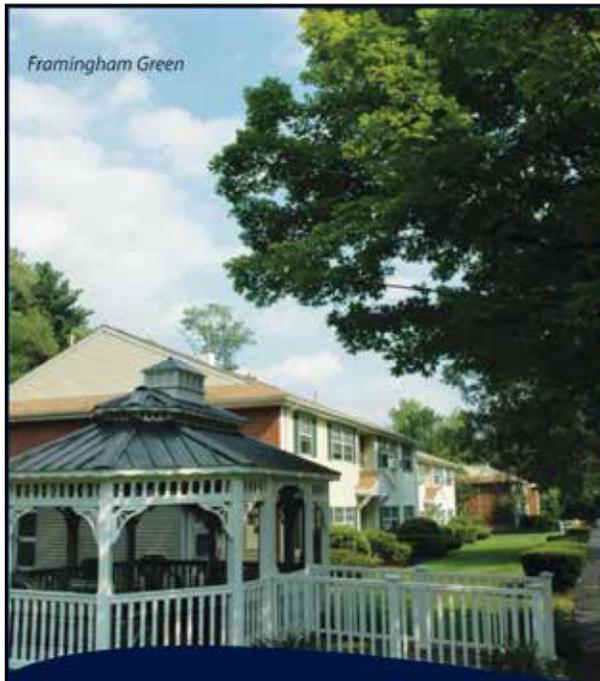
BLOOD PRESSURE CLINIC: Wednesdays, January 4, 11, 18 & 25 from 9:30 a.m.-12:30 p.m. upstairs in the Wellness Clinic.

PODIATRY: Twice per month we offer appointments for nail trimming and other foot issues for only \$25. Wednesday, January 11 & Tuesday, January 24



TRANSPORTATION ASSISTANCE IS AVAILABLE

The Social Services Department at the Callahan Center has recruited several volunteers to accompany seniors to various appointments. These volunteers may be available to take seniors to shopping trips, social events or medical appointments. If you are a Framingham resident over the age of 60 and need transportation to an appointment, call 508-532-5980 ask for Sam or Lisa to see if your appointment matches the schedule of one of the volunteers. Some will do local trips, others will travel beyond Framingham. Please call with at least one week's notice of your need.



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- Pet-friendly

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508.875.4400

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- Private, enclosed park area
- Pet-friendly

Now Accepting Applications!

Our beautiful communities have quality options to make you feel at home with features that include 24-hour emergency maintenance, professional on-site management, laundry care suites, resident service programs & activities, nearby public transportation, shopping, restaurants, medical facilities and, so much more.

Framingham Green and Irving Square are designed for seniors age 62+ as well as persons with disabilities who are under age 62.



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*Income guidelines may apply. Please inquire in advance for reasonable accommodations. Assistance animals welcome. Information contained herein subject to change w/o notice.



SOCIAL SERVICE DEPARTMENT

ACCESSIBLE HOME MODIFICATIONS & MEDICAL TAX DEDUCTIONS:

Many older adults are making accessibility modifications in order to remain independent in their home. Please be aware that there are tax incentives for homeowners, who accrue a cost to install special equipment to accommodate a medical condition or disability. Examples include: modifying hardware on doors or cabinets, installing railings and grab bars, widening doorways or constructing a wheelchair ramp. Please consult with a tax preparer or the IRS Tax Code. The Social Service Department has a list of companies who will offer a free consultation in your home and provide you with possible options or solutions to modify your current home. Massachusetts has a state funded Home Modification Loan Program as well.

NEW SUPPORT GROUP: We are looking to begin an Early Stage Alzheimer's day time Support Group 1x a month for both the care partner and the individual with a dementia/Alzheimer's if you or someone you know has interest and for more information contact Lisa at 508-532-5980 ext. 2.

CONNECTIONS AT CALLAHAN: The program is off to a great start, we are still seeking older adults with memory impairments who would benefit from being matched to an on-site partner volunteer. Please contact Deb Bourque 508-532-5980 ext. 4118 for more information.

THE HOME ENERGY & FUEL ASSISTANCE PROGRAM

FOR 2016-2017: The Social Service Department will process NEW Fuel Assistance applications for FRAMINGHAM residents who are 60 and older. Please call Jaime or Lisa in the Social Service Dept. at 508 532-5950 ext. 2 for an appointment. The maximum gross annual income is \$34,000 for 1 person and \$44,463 for a 2 person household.

MEDICAL EQUIPMENT TO BORROW:

Durable, medical equipment is available to borrow from the Callahan Center. **It is necessary to call ahead to reserve and pick up Monday through Friday from 9 a.m. until 4 p.m.** Please call the Center at 508-532-5980. Thank you!

VOLUNTEER DRIVERS WANTED

- Do you have time to give in serving the community?
- Do you have a vehicle that is safe, clean, well maintained?
- Do you enjoy driving?

Would you be willing to use your own vehicle to take an older resident to various appointments or social events in Framingham and surrounding areas?

Make a difference in someone's life. **Contact Sam Swisher, Volunteer Outreach Coordinator, 508-532-5980, x 4113, email: ccvolrec@gmail.com**

LEGAL CLINIC: Meet individually with a lawyer to discuss legal issues (will not advise on estates and trusts). Appointments are required. Please call Carolyn at 508-532-5980, ext. 4110. January 24.

SHINE (Serving the Health Information Needs of Everyone... on Medicare)

2017 Medicare Part B Premium

The standard Medicare Part B premium in 2017 is \$134. However, most people who get Social Security benefits are paying less than that and are getting the same benefit check this year. This is due to a law that prevents the check amount from going down. For those who were not getting Social Security benefits last year and those who newly enroll in Part B this year, most will pay \$134 per month.

There are exceptions based on income. All people with incomes higher than \$85,000 per year (\$170,000 for a couple) have higher premiums. They will pay between \$187.50 and \$428.60 per month for Part B, based on their income level. People with limited income and assets may qualify for a program that will pay their premium.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.





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Brenda Erickson, Trip Coordinator,
 Friends of Callahan Travel

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 Framingham Tab-Every Friday
www.wickedlocal.com
 Framingham Patch
www.framinghampatch.com

Creating a happy, healthy and connected community with the Friends of Callahan.



ARTISTS' CORNER

Friends of Callahan Heritage Gallery
 535 Union Ave. Framingham, MA 01702 (508) 532-5980

The Artists' Corner is open daily from 10 a.m. to 2:15 p.m.
 Credit Cards are accepted. Open to the public.

HELP THE FRIENDS OF CALLAHAN HELP THE CENTER BY PURCHASING GIFT CARDS

The Friends of Callahan gift card program gives you the opportunity to purchase a pre-paid card here at the Callahan Center. When you buy these cards at full face value, and use them instead of cash, check or credit card for your everyday shopping needs the Friends receive a percentage of the sale as a fundraising tool. The cards are available from over 200 retailers in our area including grocery, department and home improvement stores, gas stations, hotels, restaurants and more. Just by using gift cards to pay for your normal purchases you will help raise more money for the Friends of Callahan. Stop by the Heritage Gallery at the Callahan Center and purchase these cards. Credit cards are accepted for these purchases.

CHECK OUT THE FRIENDS CORNER BULLETIN BOARD IN THE FRIENDS CAFÉ FOR:

monthly lunch menus, entertainment for the General Meeting, special events sponsored by the Friends, volunteer opportunities. The Friends are working hard to make your experience at the Center a great one. Check frequently for updates.

FRIENDS BOARD MEETING- Monday, January 9 at 1 p.m.

FRIENDS DINE AROUND COME AND SUPPORT OUR FUNdraiser
 Join the Friends at the January Friends Dine Around fundraiser on Wednesday January 18th

(ALL DAY) at O'Connell's Pub, Hamilton Plaza, 700 Worcester Rd, Framingham, MA. Free drawing for a \$20 gift certificate and a Gift Bag. Purchase includes dine in, take out and all beverages.

20% of your dinner bill will be donated to the Friends of Callahan, this is a continuing program being offered by generous restaurants in our area that are helping the Friends achieve their fund raising goals. Just stop by the Center to pick up your flyer to be presented at O'Connell's Pub the night of the event.

Hope to see you on January 18th for good food and drink. Bring your friends!!!

FRIENDS LOOKING FOR VOLUNTEERS

The Friends could use your help with the following positions this fall:

- Publicity Committee - do you have a creative side?
- Gift Card Sellers - assist with our very successful fundraiser.

Please contact Mark Goldman at 508-395-1180 or goldmanmj59@yahoo.com

FRIENDS' LUNCHES

January 11: Stuffed Sole.
January 25: Buttermilk Chicken with mashed potatoes.

Lunch is served at 11:30 a.m. Reserve Now - Space is Limited - \$5 per person. Lunches catered by TJ's, Ashland, MA. **Please sign up in advance at front desk 508-532-5980, space is limited to 60 participants.**



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FRIENDS OF CALLAHAN MEMBERSHIP DUES FORM

Name: _____ Friends New Membership \$10 _____
 If this is a NEW Membership or the information has changed please list the following:
 Address: _____ Additional Membership for Household \$5 _____
 City, State, Zip _____ Friends Membership Renewal \$10 _____
 Telephone: _____ Additional Renewal for Household \$5 _____
 Emergency Contact: _____ Relationship to you: _____
 Telephone: _____ How did you hear about us? ___ Ad in Paper ___ Courier ___ Word of Mouth
 ___ Other (Please Specify) _____
 Total Enclosed _____ Friends Membership includes 12 issues of the Courier Newsletter mailed to you.
 The date listed on the mailing label is the expiration date of your membership.
 Please pay **\$10** at the Center or send in your check or money order payable to the **"Friends of Callahan",**
 Callahan Center, 535 Union Avenue, Framingham, MA 01702. Thank you!

WHAT DOES IT MEAN TO BE A MEMBER OF THE FRIENDS

Dear Friends,
 The Friends is a nonprofit 501(c) 3 organization established in 1976 to raise funds to support programs at the Callahan Center. The Callahan Center offers people 55+, who might otherwise be isolated, a safe place to find comfort and enjoyment with others, while improving their physical and emotional well-being.

The mantra of the Friends is to work as a group to raise additional funds to help support these programs and services that keep seniors healthy, active and involved in their community. The Friends work to help cover the financial shortfalls of ever increasing costs in many areas.

The most immediate answer to what your membership offers is that the Callahan Courier is delivered to you each month by US Mail. This gives you the quickest access to new events and programs at the Callahan Center. It also means you're part of a group of people who believes in giving back to an organization that does so much for seniors in the community. It gives you the right to vote at General Meetings. Remember YOU are the Friends and have a say in all that we try to do. Your voice counts. The Board of the Friends of Callahan cannot do this alone. Volunteers are needed to help in activities and fundraising. There are openings on a number of committees and we would welcome your help. Step forward and say "what can I do?"

We are planning some new and exciting activities and want to see you here at the Callahan Center.

Mark Goldman - President

THE SUNSHINE LADY'S CORNER

The Friends of Callahan is reaching out to all our members in time of need. Do you know any of our members who are ill, hospitalized, or are recovering from surgery or in rehab? Has any member or a family member passed on? The Sunshine Lady would like to brighten their day and/or offer condolences. Please let the Sunshine Lady know by stopping by the Heritage Gallery and picking up a form and filling out the information and leave the information form in the appropriate box in the Gallery.



A LIVING MEMORIAL*

The form to the right is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. The individual or families of those you have so honored will be notified of your contribution. **Your support is greatly appreciated.**

Memorial Donations:
Have you considered leaving a legacy through the Friends of Callahan?
 By making provisions in your will, you help continue the good works and the services we offer for many years to come - making a connection between your life and those to follow. If you believe in us, consider our services in your estate planning, after you have made provisions for your loved ones.

Please make check payable to:
The Friends of Callahan
535 Union Avenue
Framingham, MA 01702

I am enclosing \$ _____

In Memory of _____

Donor's Name (Your Name)

Address _____

City _____

State _____ Zip _____

Send Card to _____

Address _____

City _____

State _____ Zip _____

Shop at the Heritage Gallery at Callahan Center
 535 Union Ave
 Framingham, MA 01702
 Open:
 Wednesday, Thursday & Friday
 10 am - 2:15 pm



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ALZHEIMER'S CAREGIVER SUPPORT GROUP

1st Thursday of each month
 1:00 to 2:00 p.m.
 at
Heritage at Framingham
 747 Water Street
 Framingham, MA 01701

This Alzheimer Caregiver Support Group offers a place to share concerns and information and, to support each other in coping with the effects of Alzheimer's Disease and other memory disorders.

For information or to reserve a place, please call:
 Judy Sabol, BSN; Heritage at Framingham Senior Living 508-665-5320
 or
 Anna Pollard, LICSW; LifeCare Advocates 508-303-0931

All Events are FREE

**Attendees must RSVP
 Call 508.788.6050**

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CLASSES IN JANUARY - Classes are Free, please sign up in advance at the front desk 508-532-5980. Space is limited.

INTRO TO MACBOOK CLASS

Wednesday, January 11, 2-4 p.m.

This class will provide a very basic introduction to the use and navigation of a Macbook or iMac. Topics will include the Desktop, the Dock, and System Preferences, installing apps and setting up Mail.

INTRODUCTION TO PERSONAL COMPUTERS CLASS

Friday, January 13, 20 & 27, 10- 12 p.m.

This class will provide a basic introduction to personal computers, whether they are laptops or desktops/towers. The class will be three 2 hour sessions and will cover: The classes are intended for people who are new to PCs or have not used PCs very much. That is, the new users or those who are still not comfortable using a computer.

1. Understand basic computer hardware and architecture.
2. Understand common terms.
3. Understand power on - off sequences.
4. Manage Windows graphical user interface (GUI).
5. To be able to select and use applications, including Internet browsers.
6. Learn to navigate the Web and use Search.



INTRODUCTION TO WINDOWS 10 CLASS

Tuesday, January 17, 2-4 p.m.

This class will provide a basic introduction to the Windows 10 Operating system. It will be an overview of the basics of using Windows 10. The Sign In screen, the Start Menu, the Desktop, finding and running applications. Whether they are laptops or desktops/towers. The class is intended for people who are new Windows 10 users are not familiar with how to navigate in the new Windows 10 system.

ASK-THE-EXPERTS

Thursdays, January 5, 12, 19 & 26
10-11:30 a.m.

This is a free service and is available either by reservation or on a first come first serve basis.

Is your computer running slow? Does it show you things you didn't ask for? Does it take a long time to start up? If so, and you would like to put new life and vitality back into your computer maybe you should "ASK the EXPERTS" for help.

The Callahan Center has a team of experienced PC users who can run cleaner and antivirus software on your computer. These programs can remove unwanted Malware programs such as viruses, spyware and similar software, which ruin your computer's performance. Also, the Ask the Experts team is available to answer questions regarding the use of typical personal computers for Internet browsing, Word and photo processing, etc.

MANGO LANGUAGES

Learning English as a Second Language

Tuesdays, January 10, 17, 24 & 31, 10-12 p.m.

Do you speak a language other than English as your primary language? If you would like to learn English or improve your current use of English come to the Mango Languages sessions. On Tuesdays, from 10 a.m. - 12 p.m. beginning, January 10, 2017, the Computer Center at the Callahan Center will have computers available to help you learn English using Mango Languages online. You can learn at your own pace without a teacher. Attend the Tuesday sessions to help you get started.

¿ Su idioma nativo es **Español**? Si desea aprender inglés o mejorar su uso actual del inglés, venga a las sesiones de Mango Languages. los **Martes, de 10:00 a 12:00 horas, empezando 10 de Enero, 2017, en el Centro Callahan.** Tendrá una computadora disponible para ayudarle a aprender inglés usando Mango Languages Usted puede aprender a su propio ritmo sin un maestro. Asista a las sesiones del martes para ayudarle a empezar. Si esta interesado por favor regístrese en la recepción **508-532-5980.**

**COMPUTER ROOM-
OPEN ROOMS HOURS**
Monday-Friday, 9 a.m.-4 p.m.
with the exception of when classes
are being offered.

TRAVEL

FRIENDS OF CALLAHAN TRAVEL 2016 - A 55+ TRAVEL SERVICE

OFFICE HOURS: Monday-Thursday 10 AM - 2 PM *Closed Friday*

Please note: Parking at Stop & Shop @ corner Rt.9 and Temple Street, Framingham. Please park to right of the health club, near the fence. The cost of all day trips **includes** a tip for the driver and escort. Thank you.

TICKETED EVENTS ARE NONREFUNDABLE. REFUNDABLE CANCELLATIONS MUST BE CALLED INTO OUR OFFICE 4 (FOUR) BUSINESS DAYS PRIOR TO TRIP TO ENSURE A REFUND.

All those who travel on Callahan Center trips are REQUIRED to become a member of the Friends of Callahan.



SAVE THE DATE!

All new trips for 2017 will be presented on February 23, 2017 at the Callahan Center (Blais Room) at 10 a.m. Snow/Storm date Feb. 24, 2017
Come in and bring a friend to see what EXCITING TRIPS are being offered for next year!
Happy New Year to you all, we had a great year in 2016!!

16 JANUARY 2017 SENIOR CENTER CALENDAR

Monday

Tuesday

Center Closed in observance of New Year's Day



2

9 Contract Bridge
 9-4 Computer Rm Open to all Seniors
 9-11 SHINE, by appt.
 9:30 Pinochle
 9:30 Moving for Better Balance
 10 Aerobics (Free)
 10-4 Table Tennis
 10-4 Mah Jongg
 11 Zumba (\$3 per class)
 11:30-1:30 Community Acupuncture \$15
 12-4 Intermediate Duplicate Bridge
 12:45 Chair Volleyball

3

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8:30-4:30 Pool Room Open
 9-11 SHINE, by appt.
 9-4 Computer Room Open
 9:30 Pinochle
 9:30 Muscle Strengthening (\$3 per class)
10 Bereavement Support Group
 10 Sports Fanatics
 10 Callahan Bowling Ryan's Alley Millis
 10 Mary Make Do
 11 Skip-Bo
 11 Table Tennis
 11 Moving for Better Balance
 12-4 Intermediate Duplicate Bridge
 12 Conversation & Humor

12 Scrabble
1 Friends Board Meeting
 1-4 Genealogy Group
 1-3 SHINE, by appt.
 1 Tai Chi (\$3 per class)
 2:30 Chair Yoga (\$3 per class)

9

9 Contract Bridge
 9-4 Computer Rm
 9-11 SHINE, by appt.
 9:30 Pinochle
 9:30 Body Therapy (appt.)
 9:30 Moving for Better Balance
 10 Aerobics (Free)
 10-4 Table Tennis
 10-4 Mah Jongg
 10-12 Mango Languages
 11 Zumba (\$3 per class)
 12-4 Intermediate Duplicate Bridge
 12:45 Chair Volleyball
1 The Aging Continuum
1:30 COA Board Meeting

10

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Center Closed Martin Luther King Jr Day



16

9 Contract Bridge
 9-2 Computer Room open
 9-11 SHINE, by appt.
 9:30 Pinochle
 9:30 Moving for Better Balance
 10 Aerobics (Free)
 10-4 Table Tennis
 10-4 Mah Jongg
 10-12 Mango Manguages
 11 Zumba
 11:30-1:30 Community Acupuncture \$15
 12-4 Intermediate Duplicate Bridge
 12:45 Chair Volleyball
1-3 Mass Audiology

1:30 Parkinson's Support Group
2-4 Intro to Windows 10

17

30% OFF savers
 Good deeds. Great deals.

8:30-4:30 Pool Room Open
 9-11 SHINE, by appt.
 9-4 Computer Room Open
 9:30 Pinochle
 9:30 Muscle Strengthening (\$3 per class)
10 Bereavement Support Group
 10 Sports Fanatics
 10 Mary Make Do
 10 Bowling Ryan's Alley Millis
 11 Skip-Bo
 11 Moving for Better Balance (new session)
 11 Table Tennis
 12-4 Intermediate Duplicate Bridge
 12 Conversation & Humor

12 Scrabble
 1-4 Genealogy Group
 1-3 SHINE, by appt.
 1 Tai Chi (\$3 per class)
 2:30 Chair Yoga (\$3)

23

9 Contract Bridge
 9 Legal Clinic
 9-4 Computer Room open
 9-11 SHINE, by appt.
 9:30 Pinochle
 9:30 Body Therapy (appt.)
 9:30 Moving for Better Balance
 10-4 Table Tennis
 10 Aerobics (Free)
 10-4 Mah Jongg
 10-12 Mango Languages
 11 Zumba (\$3 per class)
 12-4 Intermediate Duplicate Bridge
 12:45 Chair Volleyball

1-4:15 Podiatry with Dr. John (Please call for appt.)
1 Sort Your Treasures and Sell Your Home

24

30% OFF savers
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8:30-4:30 Pool Room Open
 9-11 SHINE, by appt.
 9-4 Computer Room Open
 9:30 Pinochle
 9:30 Muscle Strengthening (\$3 per class)
10 Bereavement Support Group
 10 Sports Fanatics
 10 Mary Make Do
 10 Bowling Ryan's Alley Millis
 11 Skip-Bo
 11 Moving for Better Balance

11 Table Tennis
 12-4 Intermediate Duplicate Bridge
 12 Conversation & Humor
 12 Scrabble
 1-4 Genealogy Group
 1-3 SHINE, by appt.
 1 Tai Chi (\$3 per class)
 2:30 Chair Yoga (\$3)

30

9 Contract Bridge
 9-4 Computer Room open
 9-11 SHINE, by appt.
 9:30 Pinochle
 9:30 Moving for Better Balance
 10-4 Table Tennis
 10-12 Mango Languages
10 Diabetes Support Group
 10 Aerobics (Free)
 11 Zumba (\$3 per class)
 10-4 Mah Jongg

12-4 Intermediate Duplicate Bridge
 12:45 Chair Volleyball
 1 Red Hat Honey Bees

31

St. Bridget's School Intergenerational Service Day

30% OFF savers
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Wednesday	Thursday	Friday
<p>8:30-4:30 Pool Room Open 9:30-12:30 Blood Pressure Clinic 9:30 Muscle Strengthening (\$3 per class) 9-4 Computer Room Open to all Seniors 9:30 Advanced ESOL for Asian Students 10-4 Table Tennis 11:30 Canasta 12 Better Breathers Support Group 1 Bingo 1 Discussion Group 1 Intermediate Bridge 1-3 SHINE, by appt.</p> <p style="text-align: right;">4</p>	<p>8:30-4:30 Pool Room Open 9-4 Computer Room Open to all Seniors 9:30 ESOL for Asian Students 9:30 Cribbage 10-2 Mah Jongg 10-11:30 Ask-the-experts 10:30-12:30 Hispanic Social Group 11:30 Zumba (\$3 per class) 1-3 SHINE, by appt. 1:30 Practically Fit \$3 2 Choral</p> <p style="text-align: right;">5</p>	<p>8:30-4:3 Pool Room open 10 Chair Yoga (\$3 per class) 10-11 SHINE, by appt. 9-4 Computer Room Open to all Seniors 9 Poker 9:30 Muscle Strengthening (\$3 per class) 11 Skip-Bo 11 Moving for Better Balance 12:45 Chair Volleyball 1-3 SHINE, by appt.</p> <p style="text-align: right;">6</p>
<p>8:30-4:30 Pool Room Open 9:30-12:30 Blood Pressure Clinic 9:30 Muscle Strengthening (\$3 per class) 9-2 Computer Room Open to all Seniors 9:30 Advanced ESOL for Asian Students 10 Beading with Marilyn 10-4 Table Tennis 11:30 Canasta 11:30 Friends Lunch, RSVP \$5 12 Better Breathers Support Group 1 Bingo 1 Discussion Group 1 Intermediate Bridge 1-3 SHINE, by appt. 1-4:15 Podiatry with Dr. John (Please call for appt.) 2-4 Intro to Macbook 7 Grandparent Support Group</p> <p style="text-align: right;">11</p>	<p>8:30-4:30 Pool Room Open 9-4 Computer Room Open to all Seniors 9:30 ESOL for Asian Students 9:30 Cribbage 9:30 Cutting the Cord: alternatives to cable 10-2 Mah Jongg 10-11:30 Ask-the-experts 10:30-12:30 Hispanic Social Group 11:30 Zumba (\$3 per class) 1-3 SHINE, by appt. 1:30 Practically Fit \$3 2 Choral</p> <p style="text-align: right;">12</p>	<p>8:30-4:3 Pool Room open 10 Chair Yoga (\$3 per class) 10-11 SHINE, by appt. 9-4 Computer Room Open to all Seniors 9 Poker 9:30 Muscle Strengthening (\$3 per class) 10-12 Intro to PC 11 Skip-Bo 11 Moving for Better Balance 12:45 Chair Volleyball</p> <p style="text-align: right;">13</p>
<p>8:30-4:30 Pool Room Open 9-4 Computer Room open to all Seniors 9:30 Advanced ESOL for Asian Students 9:30-12:30 Blood Pressure Clinic 9:30 Muscle Strengthening (\$3 per class) 10 Table Tennis 11:30 Canasta 12 Better Breathers' Support Group 1Bingo 1 Discussion Group 1 Intermediate Bridge 1-3 SHINE, by appt. 7 Grandparent Support Group</p> <p style="text-align: right;">18</p> <p>Friends Dine Around All Day at O'Connell's Pub</p>	<p>8:30-4:30 Pool Room Open 9-4 Computer Room Open to all Seniors 9:30 ESOL for Asian Students 9:30 Cribbage 10-2 Mah Jongg 9-12 The Glass is Half Full 10-11:30 Ask-the-experts 10:30-12:30 Hispanic Social Group 11:30 Zumba (\$3 per class) 1-3 SHINE, by appt. 1:30 Practically Fit \$3 2 Choral</p> <p style="text-align: right;">19</p>	<p>8:30-4:30 Pool Room open 9 Poker 10-11 SHINE, by appt. 9-10 & 12-4 Computer Room Open to all Seniors 9:30 Muscle Strengthening (\$3 per class) 10 Chair Yoga (\$3 per class) 10-12 Intro to PC 11 Skip-Bo 11 Moving for Better Balance 12:45 Chair Volleyball</p> <p style="text-align: right;">20</p>
<p>8:30-4:30 Pool Room Open 9-4 Computer Room Open to all Seniors 9:30 Advanced ESOL for Asian Students 9:30 Muscle Strengthening (\$3 per class) 9:30-12:30 Blood Pressure Clinic 10 Table Tennis 10 Beading with Marilyn 11:30 Friends Lunch, RSVP \$5 11:30 Canasta 1 Bingo 1 Discussion Group 1 Intermediate Bridge 1 Caregiver Support Group 1-3 SHINE, by appt.</p> <p style="text-align: right;">25</p>	<p>8:30-4:30 Pool Room Open 9-4 Computer Room Open to all Seniors 9:30 ESOL for Asian Students 9:30 Cribbage 10-2 Mah Jongg 10-11:30 Ask-the-experts 10:30-12:30 Hispanic Social Group 11:30 Zumba (\$3 per class) 1-3 SHINE, by appt. 1:30 Practically Fit \$3 1 Book Discussion 2 Choral</p> <p style="text-align: right;">26</p>	<p>8:30-4:30 Pool Room open 9-10 & 12-4 Computer Room Open to all Seniors 9 Poker 10 Chair Yoga (\$3 per class) 10-11 SHINE, by appt. 9:30 Muscle Strengthening (\$3 per class) 10-12 Intro to PC 10:30 Callahan Center Knitters 11 Skip-Bo 11 Moving for Better Balance 12:45 Chair Volleyball</p> <p style="text-align: right;">27</p>



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Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

				5	4			
		2		3		5	6	
	8	7	4					
5								
						7	8	1
2				7	3			
		6						1
	4		2		6			3
		1			2			7

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Answer to Previous Sudoku

2	5	1	8	4	6	9	3	7
9	8	6	7	1	3	4	5	2
3	4	7	2	9	5	1	8	6
6	3	4	1	8	9	2	7	5
5	7	9	4	3	2	8	6	1
1	2	8	6	5	7	3	9	4
8	9	2	5	7	4	6	1	3
7	6	3	9	2	1	5	4	8
4	1	5	3	6	8	7	2	9

CROSSWORD PUZZLE

- ACROSS**
- 1 Silver (Sp.)
 - 6 List-ending abbreviation
 - 9 Health resort
 - 12 King of Judea
 - 13 Rhine tributary
 - 14 Stripling
 - 15 P. I. ancestral spirit
 - 16 Compass direction
 - 17 Diminutive (suf.)
 - 18 Lead ore
 - 20 Bombastic
 - 22 Foist
 - 24 Dutch commune
 - 27 You (Ger.)
 - 28 Proverb
 - 32 Numerous (pref.)
 - 34 Mountain peak
 - 36 Two-man fight
 - 37 Music sign
 - 39 Evil (Fr.)
 - 41 As written in
- DOWN**
- 4 Gr. author
 - 44 Nearsightedness
 - 47 Land of King Arthur
 - 52 Narrower than AA
 - 53 Naut. rope
 - 55 Fallacies
 - 56 Amyotrophic lateral sclerosis (abbr.)
 - 57 Son of Apollo
 - 58 Opposite of zenith
 - 59 Encountered
 - 60 Snow (Scot.)
 - 61 Yellow

ANSWER TO PREVIOUS PUZZLE

A	T	I	C	S	O	S	C	H	I	N	
F	A	B	E	E	T	C	P	E	B	A	
F	R	I	S	E	T	T	E	I	S	I	
Y	O	D	A	T	O	N	E	P	S	I	
	A	T	L	E	D	G	E				
S	A	M	I	S	E	N	P	A	R	G	O
A	D	A	T	D	O	R	L	U	A	U	
L	A	R	C	H	D	E	P	O	S	I	T
	S	H	A	W	S	A	P				
H	R	H	N	O	C	T	I	H	A	E	
A	U	T	H	D	O	O	R	P	A	R	T
A	R	E	A	E	R	R	I	N	C	A	
B	I	A	S	N	N	E	A	D	A	H	

- 4 Carry
- 5 Youth loved by Venus
- 6 Belonging to (suf.)
- 7 So much: music
- 8 Second wife of Jason
- 9 Small drink
- 10 Buddhist liturgical language
- 11 Irish exclamation
- 19 Mudfish
- 21 Spawning ground
- 23 Sole
- 24 Prussian spa site
- 25 Change color
- 26 Unit of work
- 29 Out (Ger.)
- 30 Gain
- 31 Guido's note (2 words)
- 33 Inspector (abbr.)
- 35 Para-aminobenzoic acid
- 38 Ear inflammation
- 40 Fond
- 43 Fabric
- 44 Lady's title
- 45 Rockies peak
- 46 Kiln
- 48 Jewish month
- 49 Mineral deposit
- 50 Few (pref.)
- 51 Son of Loki
- 54 Last Queen of Spain

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DURING THE WINTER MONTHS, ICE, SNOW AND COLD TEMPERATURES CAN MAKE LIFE CHALLENGING FOR EVERYONE

Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses. Here is some helpful advice for preventing common winter dangers.

1) Avoid Slipping on Ice - Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles. Stay inside until sidewalks and roads are clear. Lastly, replace a worn cane tip.

2) Dress for Warmth - Keep the temperature warm in your home. Going outside? Wear heavy socks, a warm coat, a scarf, hat and gloves. When temperatures dip to a dangerous level, try to stay inside and stay warm. If you want to move your body, walk in the mall or at the gym.

3) Eat a Varied Diet - Try to vary your diet, including eating a diet with fortified levels of vitamin D. Consuming milk, grains, tuna and salmon will add vitamin D to your diet which is traditionally at a deficit in the winter months.

4) Carbon Monoxide Monitors - check the batteries in your carbon monoxide monitor and make sure it's working. Winter months have us using fireplaces and heating units. Make sure carbon monoxide levels are constantly being monitored.

5) Wash Your Hands - it has been proven that good hand washing can prevent illnesses. When in public or near someone who has been sick, wash your hands with warm, soapy water. Be diligent, it makes a difference.

Take precautions to protect yourself from injury and illness and Spring will be here before you know it. We wish you a happy, healthy 2017.



Article Provided by Dr. Roxanne Latimer,
Medical Director and Lead Physician
AFC Urgent Care of Marlborough and Natick

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