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Live a life of learning, culture, ease and fun at our luxurious senior community.

Independent, Assisted & Memory Care Living
369 Pond Street, Ashland, MA
508-532-3197
www.residencevalleyfarm.com

Bring this ad with you when you take a tour and receive a complimentary mulled wine set.
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Benchmark Senior Living, known for our innovative approaches to care and award winning programs, is proud to be introducing our newest community in Framingham.

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- Quality care from a team who lives the Benchmark values every day

Stop by to learn more about the benefits of becoming an exclusive Charter Club member!
774.505.7040 | TheBranchesFramingham.com

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Life Enrichment, Recreation, and Therapeutic Activities

Heritage at Framingham, the name you have trusted for almost 25 years, is now providing an adult day social club serving the Metro West and surrounding areas.

Come in to take a tour, meet our staff and set up a FREE trial today.
508-788-6050 | www.heritageassistedliving.org/the-club
747 Water St, Framingham, MA | theclub@heritageassistedliving.org
Hello Everyone,

Happy New Year! Wishing all of you a very happy, healthy and prosperous 2020! Happy Chinese New Year on 1/25/20. The year of the male, white metal rat begins February 4. Some characteristics of rats are: agile, active, resourceful, creative, thoughtful, and alert; others are quiet, introverted and scheming.

While some people make New Year’s resolutions to exercise more often, there are other ways of improving your health and well-being. Figuring out if you have enough protein in your diet is one way. Come to the Power of Protein & Joy of Smoothies, and discover some fun and delicious ways to be sure you have all the protein you need. If you’re concerned about your driving ability or someone else’s, the presentation, Shifting Gears: Safe Driving for Seniors, offers helpful reminders or a way to start the conversation if problems are showing. The Callahan Center van is available for trips within Framingham! The MA Office of Consumer Affairs is offering Identity Theft & Fraud Protection. No one thinks this will happen to them. Come to the program and make sure it doesn’t happen to you or your friends and family. Students from Saint Bridget School will be at Callahan for a handheld device clinic, where they will show people how to fully use electronic devices. Your attendance helps the students learn valuable training skills.

If one of your resolutions is to simply enjoy life more, we offer daily opportunities for that with a range of discussion groups, cards and board games and special events throughout the year. This month, you can explore the Scientific Wonder of Birds as one of the Great Courses programs. Come for a movie matinee to see, Yesterday, an interesting take on the music of the Beatles. Elvis will be back in the building, at the end of the month, in the form of Robert Black.

Whatever you choose to do when you come to the Callahan Center, we’re glad to have you join us and hope you’ll bring a friend, as well as make new friends while you’re here.

Grace

CALLAHAN CENTER STAFF

STAFF
Grace O'Donnell, MS, Director of Elder Services
Randy Aylsworth, Assistant Director
Paula Geller, Programs Manager
Tricia Welsby, Administrative Assistant
Judy Lew, ESOL Instructor
Ralph Dunlea, Computer Room Coordinator
Sarah Viadero, Volunteer Coordinator
Carol Glover, Front Desk Receptionist
Mary Kenney, Front Desk Receptionist
Diane Krueger, Front Desk Receptionist
Paul Gambrazio, Van Driver
Dan Coletti, Van Driver

SOCIAL SERVICES
Lisa Ushkurnis, MSW, LICSW, Supervisor
Cheryl Lavalle, LICSW, Assistant Social Services Supervisor
Jamie Jensen, MSW, LICSW, Coordinator of Continuing Connections
Martha Guevara, MA, Bilingual Outreach/DME Coordinator
Sam Swisher, MBA, Outreach Volunteer Coordinator
Deb Bourque, BA, CDP, Connections at Callahan Coordinator & Program Assistant

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 through Friday 8:30 a.m. – 4:30 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
The Callahan Center makes every effort to ensure the information throughout the Courier is accurate; however, the staff shall not be held responsible for errors that occur with printing, omission, or changes/cancellations of a program by staff or instructors.

We thank the advertisers that appear in the Courier, as well as the presenters of informational programs and products. However, the Callahan Center does not endorse any service or product listed in the Courier or presented at the Center. It is the responsibility of our readers/participants to investigate any service, product or provider they may consider using.

COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS

Chairman: Clyde Dottin
Members: Jim Divver, Mark Goldman, Larry Griffin, Audrey Hall, Sally Kaitz, Betty Muto, Jennifer Rich, Glenda Thomas, Ruthann Tomassini
The Callahan Center will be closed on Wednesday, January 1 for New Year’s Day and on Monday, January 20 in observance of Martin Luther King Jr. Day.

LEGAL CLINIC
Tuesday, January 28, 9-11 a.m.
Meet individually with an attorney from MetroWest Legal Services to discuss legal issues (will not advise on estates and trusts). Appointments are required. Please call Paula at 508-532-5980, ext. 4110.

MONTHLY DROP-IN HOURS WITH CONGRESSWOMAN CLARK’S OFFICE
Wednesday, January 8, 9:30-10:30 a.m.
Meet with Jay Higgins, Constituent Services Representative for the Office of Congresswoman Katherine Clark. No appointment necessary. One-on-one meetings on a first-come, first-served basis.

SAVE THE DATE!
Friday, February 7, 2 p.m.
Laila Vehvilainen starts a new class on Fridays: Low Impact-Get Fit!
Thursday, February 27, afternoon performance of THURGOOD, a production of the New Repertory Theatre.

INTERESTED IN TEACHING CANASTA? The Callahan Center is looking for a volunteer to teach beginner canasta, preferably on Wednesdays or Friday afternoons. Responsibilities include overseeing and assisting participants with learning the game. Must have an outgoing personality, a positive approach to teaching, and patience. This is a wonderful opportunity to share your knowledge of a game you love! If interested in volunteering, please call Sarah at 508-532-5980, ext. 4102.

INCLEMENT WEATHER POLICY
If the Framingham Public Schools close due to snow or other inclement weather, there will be no activities/programs at the Callahan Center. On these days, City of Framingham staff will be available at the Center, unless the city declares an emergency closing. Please note: In the event of a delayed start for the Framingham Public Schools, the Callahan Center will also have a delayed opening. For example, if the schools have a two-hour delay, the Center will open at 10:30 am.

DISCOVERY CENTER FOR CIVIC ENGAGEMENT
The Discovery Center at Callahan can help you explore meaningful volunteer opportunities within our local and surrounding communities. To learn more or to make an appointment with our Transition Navigator, please call: 508-532-5980, ext. 4109.

2020 CENSUS TEAM
Recruitment Event at Callahan
Tuesday, January 7, 10:30 a.m.-12:30 p.m.
Meet with representatives of the 2020 Census and discuss your qualifications. The 2020 Census Team offers: paid training, weekly pay, flexible hours, and full and part-time positions. For more information contact: Mark Baptista (local recruiter) at Marcus.A.Baptista@2020Census.gov/jobs or visit online: 2020census.gov/jobs

PARKING AT THE CALLAHAN CENTER
Your safety is important to us. When parking in the front lot, please stay to the right and follow the arrows by circling around the center spaces and continuing along the back row. Also follow this pattern to exit this area. 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.

If the Callahan lot is full when you arrive, please consider parking at Bowditch Field in the spaces by the track. Please do not park in front of the Parks & Rec building. Also, space may be available on adjacent streets. Please observe any posted signs and restrictions.

DID YOU USE YOUR KEY TAG
We appreciate your taking time to sign into the computers in the lobby for each of the programs and events you attend at the Callahan Center. If you don’t have your key tag with you, simply enter your first name and touch “Next” on the screen; then follow the prompts. The front desk can assist with key tags and the kiosks, if you have any questions. By entering your participation, we are able to call you when there are scheduling changes that affect the programs you attend. You also help ensure that the data on usage of the Center is accurate for city and state reports.

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.
ELVIS IS IN THE BUILDING!
ROBERT BLACK, ELVIS IMPERSONATOR
Tuesday, January 28, 2-3:30 p.m.
Sponsored by: The Branches of Framingham Light refreshments will be served
Advance registration required – Space is limited
Elvis returns to the Callahan Center! Robert Black’s authentic portrayal and exciting interpretation of Elvis Presley has made him one of the country’s most popular tribute performers. A true professional, Robert’s crowd pleasing style and spot-on mannerisms mixed with his unique blend of vocal talent, charisma, and elaborate costuming make him a fan favorite!

SHIFTING GEARS – SAFE DRIVING FOR SENIORS
Tuesday, January 21, 1:30-2:30 p.m.
Presented by: Michele Ellicks, Registry of Motor Vehicles
Driver safety is an important issue for older adults. The changes of normal aging can sometimes interfere with the ability to drive. By understanding and reducing these risk factors, older adults might be able to drive safely longer. Please join Michele Ellicks, Community Outreach Coordinator from the Massachusetts Registry of Motor Vehicles, for an informative program that focuses on issues facing older drivers. Topics will include: medications and their effects on driving, recent research concerning older drivers, details on the Safe Driver law and reporting procedures, requirements necessary to apply for a disability placard or plate, and the REAL ID.

IDENTITY THEFT & FRAUD PROTECTION
Thursday, January 16, 1:30-2:30 p.m.
Last year, the Federal Trade Commission processed 1.4 million fraud reports totaling $1.48 billion in losses. While identity theft can happen to anyone, there are some things you can do to reduce your risk. Robin Putnam from the Office of Consumer Affairs and Business Regulation will discuss how to spot and avoid scams, how to prevent identity theft, and what to do if your identity is compromised. Putnam is the Research and Special Projects Manager in Consumer Affairs and frequently speaks about the importance of consumers being educated to protect their identity assets.

THE POWER OF PROTEIN & THE JOY OF SMOOTHIES
Thursday, January 9, 1:30-2:30 p.m.
Presented by: Traci Robidoux, Dietitian/Nutritionist
Proteins are a part of every cell in the body. Beyond regulating many of our body processes, protein has a role in weight management, maintaining muscle mass and bone health, and reducing the risk of many chronic diseases. Join us to learn about the basics of protein, how much you actually need, and what good sources of protein are. You may not think you are protein deficient, but are you protein sufficient? Plus, you’ll learn how easy it is to make a protein- Richmond smoothie drink with just a push of a button, and then enjoy tasting the recipe. Traci Robidoux, RD, LDN, is the Dietitian/Nutritionist at BayPath Elder Services.

GREAT COURSES AT CALLAHAN
THE SCIENTIFIC WONDER OF BIRDS
Thursdays, January 23 & 30, 1:30-2:30 p.m.
Birds are endlessly compelling and fascinating creatures. But beyond what we can observe on the surface, birds are phenomenally interesting—and often extremely surprising—in their biology, physiology, aerodynamics, and their multifaceted behavioral adaptations. Whether you’re an experienced birder or a newcomer to the bird world, these lectures will surprise and delight you, and give you a deeper appreciation for the beauty and diversity of our feathered friends.

In the Scientific Wonder of Birds, biologist and bird expert Professor Bruce E. Fleury of Tulane University guides a spirited discovery of the amazing beneath-the-surface world of birds. Join us to learn something new before the birds return this spring. The January topics in this series will cover: The Miracle of Flight and Avian Navigation and Migration.

YESTERDAY (PG-13)
Thursday, January 14, 1:30-3:30 p.m.
Jack Malik (actor Himesh Patel) is a struggling singer-songwriter whose dreams of fame are rapidly fading. Then, after a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. He finds himself with a very complicated problem... performing songs by the greatest band in history to a world that has never heard them. Jack’s fame explodes but as his star rises, he risks losing the one person who always believed in him.

A NEW YEAR’S RESOLUTION THAT’S EASY TO KEEP
TRY OUR NEW SCIFIT® RECUMBENT STEPPER
Callahan Fitness Center
Monday through Friday, 9 a.m. to 4 p.m.
The SCIFIT Recumbent Stepper is designed specifically with older adults in mind. This self-powered machine makes exercise more enjoyable and beneficial and takes unnecessary pressure off the joints. The SCIFIT Stepper also offers wheelchair access and a low starting resistance, allowing anyone to accomplish his/her goals. The SCIFIT is just one of eight new state-of-the art fitness machines, along with a full set of hand weights, available at the Callahan Fitness Center.

The Fitness Room is open to adults age 55+. You must first register by completing a waiver and release form available at the front desk. A $2 admission fee enables users up to 50 minutes of access to the equipment at a time. Guidelines regarding the Use of Fitness Equipment is also available at the front desk.
**TAI CHI WITH JON WOODWARD**
Mondays, 12:30-1:30 p.m., $3 per class  
Cancelled Monday, January 20

Tai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body, utilizing slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. In this class, you will learn many of the postures and movements of the forms, as well as basic concepts and deeper philosophies. Although no prior experience is necessary, this class involves one hour of movement without the assistance of a cane/walker. Jon Woodward is a certified Tai Chi instructor who has studied Tai Chi for more than 30 years and has been teaching for more than ten years.

**STRENGTH TRAINING/CARDIO WITH DELANEY**
Offered THREE DAYS A WEEK!  
Mondays, Wednesdays & Fridays, 9:45-10:45 a.m., $3 per class  
Cancelled Monday, January 1 & 20

We will use large muscle groups in rhythmic motions to help you burn the most calories. Use core exercise to strengthen back muscles and abdominals. The class structure includes a 10-minute warm-up, 45 minutes of strength training/cardio endurance exercise, and 5 minutes of cool down. Please bring: hand weights (3-5 lbs.), resistance bands, and a floor mat if you have them.

**ZUMBA**
Tuesdays at 11 a.m. & Thursdays at 11:30 a.m.  
$3 per class

Zumba mixes Latin rhythms and easy-to-follow moves, so you have fun while exercising! This is an ongoing class, and newcomers are welcome to join at any time. Instructor Susan Craver has been teaching dance for over 25 years.

**PRACTICALLY FIT CORE FUSION**
Thursdays, 9:15-10:15 a.m.  
$3 per class  
Cancelled Thursday, January 2

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. Led by Fitness Instructor MaryEllen Giombetti. Bring hand-weights or resistance bands, if you have them.

**GENEALOGY GROUP**
Mondays, January 6, 13, & 27, 1-4 p.m.  
Cancelled January 20

Have you had your DNA done and need help navigating through Ancestry? Have you seen relatives that appear to be new connections to your family? Do you need help identifying their relationship to you? We can assist you in learning more about your ancestors.

**DO YOU PLAY SCRABBLE?**
Do you love to play Scrabble? Join with other players at Callahan for a weekly game on Mondays from noon to 3 pm.
RED HAT HONEY BEES  
Tuesday, January 28, 1-4 p.m.  
$2 per month  
Come and socialize at the monthly meetings of the Red Hat Honey Bees. Connect with friends and enjoy getting together with other women who like to have FUN! The group wears red hats and purple shirts to all meetings and events. Refreshments provided. For more information, please call Nancy at 508-872-6817.

CALLAHAN CENTER CHAIR VOLLEYBALL GROUP  
Tuesdays, 12:30-1:45 p.m.  
Fridays, 12:45-2:15 p.m.  
Stop in and join the fun. New players always welcome! No experience necessary.

MINDFUL LIVING & MEDITATION  
Wednesdays, January 8, 15, 22 & 29  
10:30-11:30 a.m., $3 per class  
Cancelled January 1  
Would you like to have less stress and more peace, happiness and joy in your life? Let Lisa Campbell, certified meditation and mindfulness teacher, show you that what you seek is already within you. Each week we laugh, share mindful insights, practice different meditation and mindfulness techniques (including a practice that the Alzheimer’s Foundation recommends for boosting brain function).

BEADING WITH MARILYN  
Wednesdays, January 8, 15, 22 & 29  
10-11 a.m.  
Cancelled January 1  
Have fun, be creative! Come and make your own beaded jewelry creations. Marilyn will teach you basic techniques. Materials provided.

CALLAHAN CENTER KNITTERS  
Friday, January 24, 10:30 a.m.-noon  
Come learn new patterns, chat with new and old friends, and have a good time! This isn’t an instruction class, but our experienced knitters can help answer most knitting challenges you may have.

MINDFUL LIVING & MEDITATION  
Wednesdays, January 8, 15, 22 & 29  
10:30-11:30 a.m., $3 per class  
Cancelled January 1  
Would you like to have less stress and more peace, happiness and joy in your life? Let Lisa Campbell, certified meditation and mindfulness teacher, show you that what you seek is already within you. Each week we laugh, share mindful insights, practice different meditation and mindfulness techniques (including a practice that the Alzheimer’s Foundation recommends for boosting brain function).

BEADING WITH MARILYN  
Wednesdays, January 8, 15, 22 & 29  
10-11 a.m.  
Cancelled January 1  
Have fun, be creative! Come and make your own beaded jewelry creations. Marilyn will teach you basic techniques. Materials provided.

CALLAHAN CENTER KNITTERS  
Friday, January 24, 10:30 a.m.-noon  
Come learn new patterns, chat with new and old friends, and have a good time! This isn’t an instruction class, but our experienced knitters can help answer most knitting challenges you may have.

GRUPO LATINOAMERICANO  
Thursdays, January 2, 9, 16, 23, & 30  
10:30-12:30 p.m.  
This social group is conducted in Spanish. We talk, share, and enjoy activities such as films, speakers, lunches, and outings. Come to socialize and make new friends. For questions, please call Martha Guevara at 508-532-5980, ext. 4111.

Please be aware that due to state law, there can be no exchange of money during games played at the Center with the exception of Bingo, which has been licensed by the state.

Unparalleled Comfort and Conveniences

- Warm and gracious setting for seniors needing a little help with daily routines
- Private or shared apartments
- Individual attention from trained PCAs and a skilled recreation team
- Alzheimer’s care
- Social events and recreation

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Three Vision Drive, Rt. 9 West, Natick, MA 01760
508.655.5000
WWW.SALMONHEALTH.COM

Continuum of Care
- The Willows Retirement Communities
- Beaumont Skilled Nursing and Rehabilitation
- Salmon VNA & Hospice
SUPPORT GROUPS AT CALLAHAN CENTER

Bereavement Support Group: Tuesday, January 14 & 28, 1-2:30 p.m.
Facilitated by Good Shepherd Community Care

Note new start time!

Caregiver Support Group: Wednesday, January 22, 1 p.m.

Evening Caregiver Support Group: Wednesday, January 8, 6 p.m.

Grandparent Support Group*: Wednesday, January 8, 7 p.m.

Low Vision Group: Not meeting in January and February

Parkinson’s Support Group: Tuesday, January 21, 1-2:30 p.m.

*Contact Lisa at 508-532-5980 ext. 2 to arrange a pre-screening for the Grandparent Support Group.

BLOOD PRESSURE CLINIC: Wednesdays, 9:30 a.m.-12:30 p.m.
in the Wellness Clinic. No appointment needed.

WOULD YOU LIKE TO SLEEP MORE SOUNDLY?
TRY COMMUNITY-STYLE EAR ACUPUNCTURE
Tuesdays, January 7 & 21, 11:30 a.m.-1:30 p.m.
Ear Acupuncture has proven to be very economical and excels at dealing with sleep issues, depression, anxiety, mental clarity, and overall health. Participants should plan to stay for 30 minutes or longer during the 11:30-2:00 p.m. time frame. Provided by Linda S. Thomas (MAc-Master of Acupuncture; LAc-Licensed Acupuncturist). Cost is $20. Sign up at the front desk: 508-532-5980.

VOLUNTEER DRIVERS NEEDED
Volunteer drivers are needed to transport older residents to mid-day medical appointments in the Boston, eastern Massachusetts, and Worcester areas. Contact: Sam Swisher, Volunteer Outreach Coordinator, 508-532-5980, ext. 4113 or email: sps@framinghamma.gov.

VOLUNTEERS NEEDED FOR MINOR HOME REPAIR AND HANDYMAN PROGRAM
The Callahan Center is looking for volunteers to assist with minor household repairs to meet the routine maintenance needs of adults who are age 60 or older and living in their private homes. Tasks may include: replacing light bulbs, repairing door hinges and locks, putting up screens or storm windows, hanging curtains, turning over mattresses, installing fans/air conditioners, or setting up answering machines or TV accessories. Repairs do not require formal training and work will be scheduled according to your availability. Your participation will be meaningful in helping older adults remain independent and safe at home. If you could help with one or two small tasks every few months, please contact Sam Swisher for more information, 508-532-5980, ext. 4113.

TRANSPORTATION ASSISTANCE IS AVAILABLE
If you are a Framingham resident over the age of 60, volunteers may be available to provide transportation to/from medical appointments, shopping trips or social events. Please call 508-532-5980 and ask for Sam or Lisa to see if a volunteer driver is available to meet your needs. Please call at least one week in advance of your appointment date.

SPOTLIGHT: PARKINSON’S DISEASE SUPPORT GROUP
Tuesday, January 21 at 1-2:30 p.m.
If you have been recently diagnosed or have lived with Parkinson’s Disease for some time, consider coming to this drop-in support group. The group promotes open discussion and provides a safe environment to explore the latest treatment options, strategies and resources to live the best life you can. Occasionally, the meetings feature guest speakers. The group meets the third Tuesday of the month with co-leaders Jane Joiner (retired physician) and Lisa Uskhurnis, LICSW. The Parkinson’s Disease Support Group has been meeting for over 20 years.

BEREAVEMENT SUPPORT GROUP
Offered in partnership with Good Shepherd Community Care
Group meets the 2nd and 4th Tuesdays of the month
1:00 to 2:30 p.m.
Bereavement Clinician Susan Kates, LICSW, facilitates this drop-in group. Susan has been a geriatric social worker for over 20 years and has experience leading bereavement and caregiver support groups. Good Shepherd Community Care is a not-for-profit health care organization in greater Boston focusing on hospice and palliative care.
WITH THANKS...
We would like to express our gratitude to the following community agencies/organizations for their thoughtful and generous support during the past holiday season: St. Andrew’s Episcopal Church Giving Tree, TJX Risk Management Department, Framingham Police Association, and Thanksgiving meals catered by Mark Curtis.

HOME ENERGY & FUEL ASSISTANCE PROGRAM FOR 2020
The Social Services Department will process NEW Fuel Assistance Applications for Framingham residents who are age 60 and older and applying for the first time. Please contact Cheryl Lavallee at 508-532-5980, ext. 4134 for information and eligibility requirements.

ACCESSIBLE HOME MODIFICATION & MEDICAL TAX DEDUCTIONS
Many older adults are making accessibility modifications in order to remain independent in their homes. Our Federal and State government provide tax incentives to homeowners, who accrue costs installing special equipment to accommodate a medical condition or disability. Examples include: widening doorways, constructing a wheelchair ramp, adding grab bars/support bars in the bathroom, modifying hardware on doors or cabinets, or installing railings. Please check the IRS Tax Code and speak with your tax preparer.

ARE YOU PREPARED FOR WEATHER EMERGENCIES?
Prepare for weather emergencies by creating a free, Safety Profile at Smart911.com. The Framingham Police Department introduced Smart911 to Framingham residents to improve 9-1-1 services to citizens and enhance public safety. Smart911 allows people to create a Safety Profile that will be visible to 9-1-1 call takers in the event of an emergency call. With Smart911, you can create your own Safety Profile to give 9-1-1 valuable information about yourself, family members, your home, and pets that will automatically display on the 9-1-1 call taker’s screen when you make an emergency call. Note: Please visit the Callahan Center Computer Room if you need help creating your Safety Profile.

CAREGIVER SUPPORT GROUP
DAYTIME: Wednesday, January 22, 1 p.m.
EVENING: Wednesday, January 8, 6 p.m.
Facilitated by: Cheryl Lavallee, LICSW
The Caregiver Support Group provides support and resources to help you ease stress and manage the challenges of caregiving. The group meets monthly and offers a safe and welcoming environment for all caregivers, especially those who are juggling work and family life. For information, please call Cheryl at 508-532-5980, ext. 4134.

MEDICAL EQUIPMENT AVAILABLE
Monday through Friday 9 a.m.-4 p.m.
Durable medical equipment is available to borrow from the Callahan Center. Equipment MUST be reserved in advance. To reserve equipment or for more information, please call the front desk: 508-532-5980.

St. Patrick’s Manor
863 Central Street
Framingham, MA 01701
508-879-8000
Short & Long Term Care Facility
Skilled Nursing & Rehab
Memory Care
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“The Difference is Love.”
www.stpatricksmanor.org

Medicare Changes for 2020
• Increases in Medicare premiums, deductibles and co-pays
• New Medicare Supplement (Medigap) options
• Expanded eligibility for Medicare Savings programs

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on these changes and all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call the Callahan Center at 508-532-5980. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3 (or press 5 if calling from a cell phone).

Reminder: If you are in a Medicare Advantage plan (HMO or PPO) in January, you can still change your coverage. Between January and March, you can make one change, to go to a different Medicare Advantage plan or go back to Original Medicare, with a Medicare Supplement and/or drug plan.
**FRIENDS BOARD MEMBERS**

President ......................... Mark Goldman  
Vice President ................. Patrick Dunne  
Treasurer ......................... Geri Weinstein  
Rec. Secretary ................... Linda Levitt  
Sunshine Lady .................... Mary Megill  
Members: Roger Appell, Karin Beth,  
Cece Binette, Jim DeSimone, Joan LeBlanc,  
Chris Lorant, Kathy Mello, Bea Mooar,  
JoAnn Morse, Jo-Ann Tupper

Brenda Erickson, Trip Coordinator, Friends of Callahan Travel

**STAY UP TO DATE** on local current events from the comfort of your home.  
See Friends’ ads in these newspapers and online editions:  
MetroWest Daily News—Every Tuesday  
Framingham Source:  
www.framinghamsource.com

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

**FRIENDS BOARD MEETING**

January 7 at 2 p.m.

**CHECK OUT THE FRIENDS CORNER BULLETIN BOARD IN THE FRIENDS CAFÉ**

You’ll find information about our monthly lunch menus, special events sponsored by the Friends, volunteer opportunities, and more. The Friends are working hard to make your experience at the Center a great one.

**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 Board of the Friends of Callahan cannot do this alone. Volunteers are needed to help with activities and fundraising. There are openings on a number of committees and we would welcome your help. We are planning some new and exciting activities and look forward to seeing you at the Callahan Center.

Mark Goldman—President

**REMEMBERING OUR CALLAHAN FRIENDS**

Information about friends who have passed, as well as updates about those who have moved are now posted in the Recreation Room. (Contact info including addresses and/or telephone numbers is posted at the participant’s request only.) Notifications should be left at the front desk and addressed to the attention of Mary Megill. Please include your name and contact number.

**ENJOY LUNCH AT CALLAHAN**

Join the Friends of Callahan for a delicious lunch. There’s always room at the table. Meet new friends or come with someone you know. Lunch is served at 11:30 am. Lunches are catered by TJ’s, Ashland, MA.

**ON THE MENU:**  
January 8:  
Veal Cacciatore, Egg Noodles, Broccoli, Salad, and Vanilla Pudding with Whipped Cream

January 22:  
Mushroom Soup, Salisbury Steak, Parsley Potatoes, Corn, Rolls, and Bread Pudding

$6 per person. Space is limited.  
RSVP TO 508-532-5980

**PLEASE NOTE OUR NEW POLICY:**  
Payment due the Monday prior to the lunch date. In the event of a Monday holiday, the deadline will be extended to Tuesday. If payment is not received by the due date, the reservation will be cancelled.

**FRIENDS DINE AROUND**

Come and support our FUNdraiser!  
Ninety-Nine Restaurant and Pub  
Wednesday, January 15, all day  
659 Worcester Rd, Framingham

Please call the front desk if you plan to attend: 508-532-5980  
Be sure to mention Friends of Callahan.

Carlyle House is proud to be serving the community for over 30 years.

We are a 55 bed, single-level skilled nursing facility nestled on beautifully landscaped grounds close to the heart of Framingham. We are responsive to the needs of both our short-term and long-term residents. Our new short-term wing, along with our innovative therapy team, is geared to provide the rehabilitation needed for your return home.
FRIENDS OF CALLAHAN MEMBERSHIP DUES FORM

Name: ____________________________________________ Friends New Membership $15 ______
Address: ____________________________________________ Additional Membership for Household $5 ______
City, State, Zip ____________________________________________ Friends Membership Renewal $15 ______
Telephone: ____________________ Birth Date ____________________ Additional Renewal for Household $5 ______
Emergency Contact: ______________________________________ Relationship to you: ________________
Telephone for Emergency Contact: ________________________
How did you hear about us? ___ Ad in Paper ___ Courier ___ Word of Mouth ___ Other (Please Specify Below) ________________
____________________________________________________________________________________
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. ________________

$15 Membership Dues may be paid at the Center or by mail. Please make check or money order payable to the “Friends of Callahan.” Mail to: Callahan Center, 535 Union Avenue, Framingham, MA 01702. Thank you!

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

I am enclosing $ ________________

In Memory of ____________________________________________________________

Donor’s (Your) Name _______________________________________________________
Address _________________________________________________________________
City ____________________ State ______ Zip ________________

Send Card to ______________________________________________________________
Address _________________________________________________________________
City ____________________ State ______ Zip ________________

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.

A LIVING MEMORIAL

The form provided on this page 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.

GIFT CARDS AVAILABLE FROM THE FRIENDS OF CALLAHAN

The Friends of Callahan Gift Card Program offers you the opportunity to conveniently purchase gift cards at the Callahan Center. An extensive assortment of cards are available. Choose from VISA Gift Cards as well as cards for popular grocery, department and home improvement stores, gas stations, hotels, and restaurants. Simply by using gift cards for your regular purchases, you will also help raise money for the Friends. A percentage of our gift card sales generates additional funds that support many different programs and events at the Callahan Center.

Purchase these cards at full face value and use them instead of cash, check or credit card for your everyday shopping or as a special gift. Credit cards are accepted for these purchases.

THE SUNSHINE LADY’S CORNER

The Friends would like to reach out to all our members in time of need. The Sunshine Lady can help brighten their day and/or offer condolences. Do you know of any members who are ill, hospitalized, recovering from surgery, or in rehab? Has any Friends member or a family member passed on? Please leave a message for the Sunshine Lady at the Front Desk so a card can be sent.

WELCOME. Once You Arrive...
You Will See And Feel The Difference.

Call for more information, or schedule a tour to see for yourself!

45 Union Street, Natick, MA 01760 • 508-433-4400
www.maryannmorse.org

Your accommodations will be comfortable and inviting.

What sets us apart...

• Rated Deficiency Free by the Massachusetts Department of Public Health
• A 5 Star Overall Rating from the Center For Medicare and Medicaid (CMS) – Their Highest Possible Rating
• Non-Profit, Mission Driven Facility
• State-of-the-Art Rehabilitation Suite
• Simulated Functional Living Apartment
• Mary Ann Morse Full-Time Rehab Professionals including Physical, Occupational, Speech and Respiratory Therapists
Find Local Businesses that Support and Service the Senior Community

Norton Funeral Home
Service Since 1912
53 Beech Street
Framingham
508-875-7871
Pre Need Planning & Counseling
www.nortonfuneralhome.com

The Learning Center for the Deaf
Audiology Clinic
- Certified & Licensed Audiologists
- Fluent in English, Spanish, & ASL
- Accept Most Private Insurances
- Complete Diagnostic Hearing Test
- Latest Hearing Aid Technology
Adults • Infants • Children

Contact us to learn more about our services
848 Central Street, Framingham, MA 01701
www.tlcaudiology.org
(508)875-4559

Framingham Green
136 Maynard Road, Framingham
508.872.0500
Heat and hot water included
Grand community gathering space
Scenic, landscaped setting with gazebo
On-site parking
Pet-friendly

Irving Square
75 Irving Street, Framingham
508.875.4400
Heat and hot water included
Open and airy living spaces
Vibrant community lounge retreat
Private, enclosed park area
Pet-friendly

We Put The “Home” In Housing!

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.

781-794-1000 | PeabodyProperties.com
THE RETIREMENT DILEMMA: WHAT NEXT?
By Nancy Coville Wallace, Transition Navigator, Discovery Center at Callahan
With excerpts from Knowledge at Wharton (https://knowledge.wharton.upenn.edu/article/the-retirement-problem-what-will-you-do-with-all-that-time/)

Many of us have worked for a number of years, be it for businesses, non-profits, schools, hospitals, etc. or as stay-at-home parents. As “employees,” we had clear expectations about the structure of our days and, in many cases, were fulfilling someone else’s goals, missions and timelines. With retirement, however, we find ourselves in a new place, thinking about the next phase of life. What to do next?

Some may already have a “bucket list” or the glimmer of a new idea just waiting to be explored. For others, there may be interest in working on a part-time basis or undertaking a new career path. New-found time affords us the opportunity to develop hobbies, learn new skills, or commit to a regular exercise regimen. The freedom from a typical work week, allows us the ability to spend more time with grandchildren…or perhaps support family members in need. But, how do we structure our days to feel a sense of accomplishment and pleasure?

This is the subject of an online blog from Knowledge at Wharton, The Retirement Problem: What Will You Do with All That Time? “Research indicates that those who are happiest in retirement tend to answer that question by giving back and discovering a sense of purpose. While giving back can mean boosting charitable contributions, for a growing number of retirees it often comes in the form of a significant volunteer position or encore career, according to Stewart Friedman, founding director of the Wharton Work/Life Integration Project. The most successful people in retirement look to use their talents and passions to make a contribution. Figuring out how exactly you’ll make this contribution and how you define your sense of purpose is the tricky part. Some introspection is in order. It’s critical to reflect on what matters to you,” says Friedman.

It goes without saying that retirement can be a very evolving time and a time to experiment with a mix of interests. Perhaps it might be helpful to try one new challenging thing every year. Let’s explore options for living one day at a time, enjoying life, giving to others, and discovering new and exciting identities. Here’s to the Next Step!

The Discovery Center at Callahan can help you discover what’s possible in the second half of life. Our Transition Navigators can help you discover meaningful volunteer opportunities within our local and surrounding communities. Take the first step today!
Call to make an appointment with a member of Callahan’s Discovery Center team. Please call: 508-532-5980, ext. 4109 and leave a message.

Pictured from l to r: Karen Jarosz, Veronika Mitchell, and Nancy Coville Wallace.
COMPUTER LITERACY CENTER

CLASSES ARE FREE. PLEASE SIGN UP IN ADVANCE AT THE FRONT DESK: 508-532-5980. SPACE IS LIMITED.
NOTE FOR ALL CLASSES: PARTICIPANTS SHOULD KNOW THEIR USER NAMES AND PASSWORDS.

COMPUTER ROOM HOURS
Monday through Friday, 9 a.m.-4 p.m., except when computer classes are held.

ONE-ON-ONE HELP WITH RALPH
APPOINTMENT REQUIRED
To ensure that Ralph Dunlea, Computer Room Coordinator, is available to help you with your computer problems and questions, please call in advance to make an appointment: 508-532-5980, ext. 4983.

ASK-THE-EXPERTS
Thursdays, January 2, 9, 16, 23, & 30, 10 a.m.-noon
This free service is available by reservation or on a first come, first served basis.
Is your computer running slow? Does it take a long time to start up? Would you like to put new life and vitality back into your computer? 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 impact your computer’s performance. Also, the Ask-the-Experts team is available to answer questions regarding the use of personal computers for Internet browsing, Word, photo processing, etc.

CLINIC ON HANDHELD DEVICES
Tuesday, January 14, 3-4 p.m.
Join us for one-on-one tutoring on the use of handheld electronic devices including cell phones, iPads/tablets, and Kindles/e-readers. Adult and student volunteers will help you learn the camera function, texting, downloading, sharing photos and more. To register, please call the front desk at 508-532-5980 or Sam Swisher at ext. 4113.

With thanks to our friends at Definitive Healthcare

Special thanks to our volunteers from Definitive Healthcare for their help with the Veterans Luncheon.

In November, volunteers from Definitive Healthcare supported seniors in need by helping with raking and yard clean up.

DINING AROUND TOWN

Enjoy these discounts from some of the eateries in our Framingham area

**Burger King**
FREE Whopper
Purchase One Whopper at Regular Price and Receive 2nd Whopper FREE.

**Bertucci’s**
$5 OFF any purchase of $25 or more
Offer Good at Framingham location only.
www.bertuccis.com
508-879-9161

**McDonald’s**
One FREE Breakfast, Lunch or Dinner Sandwich
www.mcdonalds.com
508-879-1650

**TERMS & CONDITIONS:**
Not valid with any other offer. Discounts are purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party per visit. Reproductions of coupon are not valid. No cash value. Expires 1/31/20.
TRAVEL FRIENDS OF CALLAHAN TRAVEL - A 55+ TRAVEL SERVICE
Telephone: 508-532-5980, Ext. 3

The Friends of Callahan Travel Office is located at the Callahan Center, 535 Union Avenue, Framingham. For all trips: Please park at Stop & Shop at the corner of Rt. 9 and Temple Street, Framingham. Please park to the right of the health club, near the fence. The price of all day trips includes a tip for the driver and escort.

TICKETED EVENTS ARE NON-REFUNDABLE. CANCELLATIONS MUST BE CALLED INTO OUR OFFICE 10 (TEN) BUSINESS DAYS PRIOR TO TRIP TO ENSURE A REFUND.

All those who travel on Callahan Center trips are REQUIRED to become members of the Friends of Callahan. Come in and pick up flyers for details.

The Friends of Callahan greatly appreciate the generosity of the MutualOne Charitable Foundation for funding the purchase of new travel software to improve the administration of these trips.

OVERNIGHT TRIPS 2020 & 2021

<table>
<thead>
<tr>
<th>Date</th>
<th>Trip Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/21-29/2020</td>
<td>Springtime Tulip River Cruise with airfare, from $41999 pp</td>
</tr>
<tr>
<td>6/23-7/1/2020</td>
<td>LaBelle Seine – Cruise through France's Waterways. Air from Boston from $5099</td>
</tr>
<tr>
<td>9/27-10/8/2020</td>
<td>Norwegian Coastal Voyage, Land &amp; Cruise 23 meals, air from Boston, $5799</td>
</tr>
<tr>
<td>4/22-5/2/2021</td>
<td>Germany’s Cultural Cities, 11 days, 13 meals, air from Boston, $3999 pp</td>
</tr>
</tbody>
</table>

Please call Brenda at 508-532-5980, ext. 4112 to make an appointment.

Save The Date
FRIENDS OF CALLAHAN ANNUAL TRAVEL SHOW
Saturday, March 14 at 10 a.m.
Snow Date: March 21

A new face at Callahan: New van driver Dan Coletti (right) joins with Paul Gambruzzio to provide ride service via the Callahan Van. The Callahan Van offers curb-to-curb transportation within the City of Framingham and is available to Framingham residents age 55+ and adults with disabilities. Please call the Callahan Center to register: 508-532-5980.

Morton & Etta Shillman House
on The Harry and Jeanette Weinberg Campus
A 2Life Community

Independent Senior Living
49 Edmans Rd, Framingham

- Maintenance-free 1- and 2-bed homes
- Full kitchens and walk-in showers
- Daily, chef-prepared meals and regular housekeeping available
- Physical, educational, and cultural activities
- Ask about our Bridge to Financial Independence

We are eight years young, and ready to be your next home. Book your tour today!

(508) 405-8602
2lifecommunities.org/Shillman

THE TRAVEL OFFICE WILL BE CLOSED IN JANUARY & FEBRUARY.
During this time, Brenda will be checking voice mail weekly.
### JANUARY 2020 CALENDAR

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>8:30-4 Pool Tables Open</strong></td>
<td><strong>8:30-4 Table Tennis</strong></td>
</tr>
<tr>
<td><strong>8:30-4 Table Tennis</strong></td>
<td><strong>8:30 Contract Bridge</strong></td>
</tr>
<tr>
<td><strong>9-11 SHINE, by appt.</strong></td>
<td><strong>9-11 SHINE, by appt.</strong></td>
</tr>
<tr>
<td><strong>9-4 Fitness Room $2</strong></td>
<td><strong>9-4 Fitness Room $2</strong></td>
</tr>
<tr>
<td><strong>9-4 Computer Room</strong></td>
<td><strong>9-4 Computer Room</strong></td>
</tr>
<tr>
<td><strong>9 Pinochle</strong></td>
<td><strong>9 Pinochle</strong></td>
</tr>
<tr>
<td><strong>9:45 Strength Training/Cardio $3</strong></td>
<td><strong>10 Aerobics</strong></td>
</tr>
<tr>
<td><strong>10 Callahan Bowling, Ryan’s Family Amusement, Millis, $12</strong></td>
<td><strong>10-4 Mah Jongg</strong></td>
</tr>
<tr>
<td><strong>10-11:30 Sports Fanatics</strong></td>
<td><strong>11 Zumba $3</strong></td>
</tr>
<tr>
<td><strong>10-4 Mary Make Do</strong></td>
<td><strong>11-4 Mah Jongg</strong></td>
</tr>
<tr>
<td><strong>11 Skip-Bo</strong></td>
<td><strong>11-1:30 Acupuncture, by appt. $20</strong></td>
</tr>
<tr>
<td><strong>12 Conversation &amp; Humor</strong></td>
<td><strong>12:30 Chair Volleyball</strong></td>
</tr>
<tr>
<td><strong>12-4 Duplicate Bridge</strong></td>
<td><strong>12-3 Discovery Center</strong></td>
</tr>
<tr>
<td><strong>12-3 Scrabble</strong></td>
<td><strong>2 Friends Board Meeting</strong></td>
</tr>
<tr>
<td><strong>12:30 Tai Chi with Jon Woodward $3</strong></td>
<td></td>
</tr>
<tr>
<td><strong>1-3 SHINE, by appt.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>1-4 Genealogy Group</strong></td>
<td></td>
</tr>
<tr>
<td><strong>2 Chair Yoga with Cyndi $3</strong></td>
<td></td>
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</table>

#### Closed in observance of Martin Luther King Jr. Day

*Note: Bowling at Ryan Family Amusements, Millis will meet as scheduled*

| **8:30-4 Pool Tables Open**                                           | **8:30-4 Table Tennis**                                                  |
| **8:30-4 Table Tennis**                                               | **8:30 Contract Bridge**                                                |
| **9-11 SHINE, by appt.**                                              | **9-11 SHINE, by appt.**                                                |
| **9-4 Fitness Room $2**                                               | **9-4 Fitness Room $2**                                                 |
| **9-4 Computer Room**                                                | **9-4 Computer Room**                                                  |
| **9 Pinochle**                                                        | **9 Pinochle**                                                          |
| **9:45 Strength Training/Cardio $3**                                  | **10 Aerobics**                                                         |
| **10 Callahan Bowling, Ryan’s Family Amusement, Millis, $12**         | **11 Zumba $3**                                                        |
| **10-11:30 Sports Fanatics**                                          | **11-4 Mah Jongg**                                                     |
| **10-4 Mary Make Do**                                                 | **11-1:30 Acupuncture, by appt. $20**                                   |
| **11 Skip-Bo**                                                        | **12:30 Chair Volleyball**                                              |
| **12 Conversation & Humor**                                           | **12-3 Discovery Center**                                               |
| **12-4 Duplicate Bridge**                                            | **12-2 Bereavement Support Group**                                     |
| **12-3 Scrabble**                                                     | **1-3 Discovery Center**                                                |
| **12:30 Tai Chi with Jon Woodward $3**                                |                                                                        |
| **1-3 SHINE, by appt.**                                               |                                                                        |
| **1-4 Genealogy Group**                                               |                                                                        |
| **2 Chair Yoga with Cyndi $3**                                        |                                                                        |

**1 Red Hat Honey Bees**
**2 Robert Black**
**Elvis Impersonator - Light refreshments will be served, Sponsored by The Branches of Framingham**
### Wednesday

<table>
<thead>
<tr>
<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td>8:30-4</td>
<td>Pool Tables Open</td>
</tr>
<tr>
<td>8:30-4</td>
<td>Open Sew</td>
</tr>
<tr>
<td>9-4</td>
<td>Fitness Room $2</td>
</tr>
<tr>
<td>9-4</td>
<td>Computer Room</td>
</tr>
<tr>
<td>9-4</td>
<td>Cribbage</td>
</tr>
<tr>
<td>10:30-12:30</td>
<td><strong>Discovery Center</strong></td>
</tr>
<tr>
<td>10-2</td>
<td>Mah Jongg</td>
</tr>
<tr>
<td>10-12 Ask-the-Experts</td>
<td></td>
</tr>
<tr>
<td>10:30-12:30</td>
<td>Grupo Latinoamericano</td>
</tr>
<tr>
<td>11:30</td>
<td>Zumba $3</td>
</tr>
<tr>
<td>1-3</td>
<td>SHINE, by appt.</td>
</tr>
<tr>
<td>1-3</td>
<td>New: Social Group for Women from South Asia, Middle East and Africa</td>
</tr>
<tr>
<td>10:30-12:30</td>
<td><strong>Callahan Knitters</strong></td>
</tr>
<tr>
<td>11:30</td>
<td>Friends Lunch-RSVP and prepayment required</td>
</tr>
<tr>
<td>11:30</td>
<td>Friends Lunch-RSVP and prepayment required</td>
</tr>
<tr>
<td>12:45-2:15</td>
<td>Chair Volleyball</td>
</tr>
<tr>
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<tr>
<td>1-3</td>
<td>Discovery Center</td>
</tr>
<tr>
<td><strong>Closed on New Year’s Day</strong></td>
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### Thursday

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<td>Cribbage</td>
</tr>
<tr>
<td>9:15</td>
<td>Practically Fit $3</td>
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<tr>
<td>10-12:30</td>
<td><strong>Discovery Center</strong></td>
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<td>New: Social Group for Women from South Asia, Middle East and Africa</td>
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<tr>
<td>11:30</td>
<td><strong>Great Courses: The Scientific Wonder of Birds</strong></td>
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### Friday

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**Presented by Robin Putnam**

**Presented by Traci Robidoux, Dietitian/Nutritionist**

**Cancelled: Practically Fit**

**Cancelled: Low Vision Support Group**

**Friends Dine Around:** Ninety-Nine Restaurant & Pub, 659 Worcester Rd, Framingham

**1/25 Chinese New Year Begins**
Elder Law with Frank and Mary

by Arthur P. Bergeron

Arthur P. Bergeron is an elder law attorney in the Trusts and Estates Group at Mirick O'Connell.

MAKE A NEW YEAR'S RESOLUTION: FOLLOW FRANK AND MARY

Frank and Mary are the fictional couple I refer to in my elder law seminars. They have the same questions and concerns you and your loved ones have. They also have the same interest you have in making your community one in which you can live happily for the rest of your life.

I have developed a monthly Television program called “Frank and Mary in Your Community” that addresses common issues seniors face, and introduces you to initiatives, programs, and key community leaders and professionals in your area and surrounding communities. You may watch my shows on ACCESS FRAMINGHAM (AFTV) or on the Elder Law with Frank and Mary YouTube channel, www.YouTube.com/ElderLawFrankandMary. While the YouTube channel offers videos of these shows, you will also find tapings of shows in other communities, as well as my many elder law seminars on various topics I think you will find relevant and informative.

Some of the programs covered include:

- An innovative program in Natick that provides a volunteer “concierge” to assist seniors needing help dealing with home energy improvement contractors, and that provides additional subsidy to seniors with low incomes.
- A Hopkinton initiative that provides a dynamic memory café program.
- The Dull Men’s Club in Northborough devoted to providing senior men with a great venue for just socializing and having fun.
- The Durable Medical Equipment loan program and the host of other outreach efforts underway at the Callahan Center in Framingham.
- Ashland’s ongoing efforts to make itself a Dementia Friendly Community.
- The initiatives in Marlborough to develop an alternative transportation system so that seniors will be able to get around the community comfortably without a car.

My local co-hosts and I, including Grace O’Donnell, Director of Elder Services in Framingham, will be taping over 100 different shows throughout 2020. If you want keep up on the latest major senior developments in your community, you should tune in. Also, if there are any particular local topics you would like us to cover, contact me at 508-860-1470 or abergeron@mirickoconnell.com.

Frank and Mary invite you to subscribe to their YouTube channel, www.YouTube.com/ElderLawFrankandMary. Frank and Mary are constantly learning about new people and programs that will make their lives in their community richer. You should too.
Sudoku

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

Answer to Previous Sudoku

Across
1 Eight (pref.)
5 Army service number (abbr.)
8 Ass or donkey (Ger.)
12 Rhine tributary
13 Greek letter
14 Fat (pref.)
15 Roomy
17 Computer chip
18 Hall
21 Feminine saint (Sp.)
22 Via
23 Midianoite king
25 Suit of mail
26 Obbo
31 Build a ceiling
32 Hebrew letter
33 Tree
34 Spiral
36 Shelf
37 Association (abbr.)
38 Arabic letter
39 Reproductive

Down
1 Baking chamber
2 Fine Cuban tobacco
3 Trolley
4 Atomic Energy Commission (abbr.)
5 Bellowing
6 Dschew

Across
41 Stick used in hurling
43 Jap. volcanic crater
46 Son of Samuel
48 Ribbed fabric
50 Biological (abbr.)
51 Afr. worm
52 Roll-call response
53 Sayings (suf.)
54 Et cetera (abbr.)
55 Bazaar

D. Answer to Previous Puzzle

1 Feat
c2 Dado
3 Sir
4 Ever
5 End
6 också
7 Go
8 Watercock
9 Oca
10 Pains
11 Joke
12 Felis
13 Gat
14 Add
15 Male
16 Swan
17 Dek
18 Salat
19 Ila
20 Oleander
21 Ad
22 Tba
23 Blear
24 Hur
25 Datum
26 Udo
27 Aristotle
28 Pau
29 Punah
30 Nacal
31 Alt
32 Eger
33 Duds

BRAIN GAMES

Game answers for this issue will be published in next month’s issue.

YOU’RE INVITED!

We invite you to come and experience our affordable, independent, and assisted living options at the Orchard Hill at Sudbury. Ask about our fun-filled activities and trips, renowned dining services, and the many other benefits our award-winning community has to offer.

Discover the Orchard Hill Difference.
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What’s really special here about Carriage House is the way everyone, from the director to the folks who serve in the dining room, know the individual residents. They know my parents, they know what they like, and they make them feel right at home.

Carriage House was a great choice for my parents, my mom is doing more things here than she ever did in her life!

- Gloria C. // resident daughter