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Bring this ad with you when you take a tour and receive a complimentary mulled wine set.
The May issue of the Courier was submitted to the publisher at the end of March, at which time the Center was closed to the public to reduce the spread of COVID-19 in our community. All programs described in this issue are pending the City/State’s decision to reopen Framingham’s facilities. Please wait until after we know if we will open May 4 to sign up for any special programs in this issue.

HOWEVER, please know that Center staff continues to monitor calls and email. If calling, please leave your name and phone number on our voicemail at 508-532-5980. If you provide us with your email that is another way for us to update you. As always, medical emergencies should be directed to 911. For more information regarding resources available to you during the COVID-19 outbreak, please see page 13.

HELPFUL RESOURCES DURING THE COVID-19 OUTBREAK
In order to address the many questions and concerns that exist in the community regarding Covid-19, we would like to share additional information and resources that you may find helpful. Please note that these resources may have changed since initially compiled.

City’s Emergency Operations Center: The City of Framingham opened its Emergency Operations Center on March 28, (8:30 a.m. to 3:30 p.m., seven days a week) to answer Framingham-specific questions related to COVID-19, food resources, testing sites, and ways to slow the spread of the virus such as social distancing and hygiene. The phone number of the Emergency Operations Center is (508) 532-5800.

COVID-19 in Framingham: Information about actions the City and Schools are taking, along with more information on COVID-19 and prevention measures, can be found at www.FraminghamMa.Gov/covid19, which is updated frequently. As the City receives additional information, residents can find updates on the website, Facebook, and Twitter – @Framingham_MA. If there is an urgent update, the City will employ the City’s “Alert Framingham” system, otherwise known as reverse 911. To sign up for the City’s reverse 911 system, please go here: https://www.smart911.com/

Behavior Health Resource: The COVID-19 pandemic is stressful for many. It is essential to care for yourself and manage your mental health. If you struggle with chronic depression, anxiety, or just want to speak with someone, please reach out to Call2Talk - at (508) 532-2255 or text 741741. Call2Talk is a program run by Mass 211 for mental health, emotional support, and suicide prevention.

Massachusetts 2-1-1: Information about COVID-19: The Massachusetts Department of Public Health has announced that Massachusetts 2-1-1 will now provide real-time COVID-19 information, resources, and referrals in multiple languages. Residents can call 2-1-1 to learn more about:
- COVID-19 prevention, symptoms, and treatment
- Information about testing
- Guidance for people planning or returning from travel

Massachusetts 2-1-1 is open to callers 24 hours a day, 7 days a week. Operators fluent in Spanish are available, and more than 150 other languages are supported through an interpreter services line that is available 24/7. Residents with questions should dial 2-1-1 from any landline or cellphone. Callers dialing 2-1-1 will hear an automated menu of options. Callers press 2-6 for coronavirus. Residents can also reach 2-1-1 through a live chat option on the Massachusetts 2-1-1 website.

Reminder – All City playgrounds, tennis courts, basketball courts, skate park, and Bowditch track are closed until further notice. Parks and Trails will remain open for passive use. Residents are encouraged to practice social distancing while enjoying nature. Maintenance in parks will continue. The City is taking action to minimize exposure to COVID-19 in public spaces. The health and safety of residents is a top priority.

Framingham is following the safety recommendations outlined in the State of Emergency declaration by Governor Charlie Baker and the U.S. Centers for Disease Control and Prevention, www.cdc.gov
Hello Everyone,

As I write this at the end of March, some information will have changed with more updates about COVID-19. This is a difficult and anxiety-filled time for everyone. I am proud of all our staff, who have been working from home, calling people whose phone numbers we have, responding to requests we receive by email. We are doing our best to keep you all safe and well. Do not hesitate to reach out to us and encourage others who are not familiar with the Callahan Center to connect with us so we can assist them as well. We are also grateful for the many volunteers, who have come forward to help us check-in on people by phone.

Wishing a Happy Mother’s Day to all who are mothers, grandmothers, foster mothers, godmothers, aunts, sisters or friends who are looked up to as “mother” to someone. We are also grateful for the “mothers” who made a difference in our lives and are no longer with us.

Did you complete the 2020 Census? If you do not have a computer, you can call the phone number on the form to call in your responses. For most people it will only take 5 to 10 minutes to complete. Remember, for every person who does not complete the Census, Massachusetts loses out on $2,372 for each of the next 10 years, in funds that can strengthen our communities. If there has ever been a time when we need to be sure everyone is counted, 2020 is it!

At the time I am writing this, the Callahan Center is closed until at least May 4, 2020. If the situation improves so that the center is open, we have computers at the center and volunteers to help people complete the census online. Please call in advance to ensure the times the computers are available. Please call me if you have any questions about the 2020 Census. Assistance in many other languages is available. Please encourage family and friends to be counted by completing the Census.

Some of our programs are being streamed via Zoom meeting or other platforms. There is some concern about doing this with exercise programs, as it would be difficult to note if someone had fallen or taken ill while participating. We will keep you informed as possible with updates as we receive them.

Please see the opposite page for details about resources available during the COVID-19 outbreak.

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 Gambruzzio, Van Driver
Dan Coletti, Van Driver

SOCIAL SERVICES
Lisa Ushkurnis, MSW, LICSW, Supervisor
Cheryl Lavalle, LICSW, Assistant Social Services Supervisor
Jamie Jensen, MSW, LICCSW, 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

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, Mike McGibbon, Betty Muto, Jennifer Rich, Glenda Thomas, Ruthann Tomassini

CoA Board Meeting
May 12 at 1:30 p.m.
INCOME TAXES!
The Federal and Mass. income tax filing deadlines have been extended to July 15. Please know, we prepared this newsletter in March and are unsure of whether the AARP volunteers will be available to return to Callahan when we reopen. If they are available to help, we will call you to reschedule your appointment. Regardless, please note that we will be unable to accommodate any new appointments. Also, the Registry of Motor Vehicles has extended the deadline for the Real ID until October 1, 2021.

JOIN US ON TUESDAY EVENINGS
Summer hours are back! The Callahan Center will be open on Tuesday evenings until 7:30 p.m. As a result, the Center will close on Fridays at 1:30 p.m. These hours will be in effect through October 30.

MONTHLY DROP-IN HOURS WITH CONGRESSWOMAN CLARK’S OFFICE
Wednesday, May 13, 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.

LEGAL CLINIC
Tuesday, May 26, 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.

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.

Please do not call to sign up for May programs until we reopen. As usual, we had many special programs planned for Senior Week in May, involving local schools. Given that we are not expected to open until May 4, at the earliest, we think it prudent to not expect these programs will take place. As a result, there may be other activities that will be able to take place if we do open on May 4.

The Callahan Center will be closed on Monday, May 25 in observance of Memorial Day.

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.

JOIN US FOR THESE SPECIAL PROGRAMS IN MAY

MOVIE MATinee
A BEAUTIFUL DAY IN THE NEIGHBORHOOD
Thursday, May 21, 1:30-3:15 p.m.
Two-time Oscar®-winner Tom Hanks portrays Mister Rogers in A Beautiful Day in the Neighborhood, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer (Emmy winner Matthew Rhys) is assigned to do a profile of Fred Rogers, he overcomes his skepticism, learning about empathy, kindness, and decency from America’s most beloved neighbor.

SENIORS HELPING SENIORS INFO SESSION
Paid Part-Time Opportunities, Monday, May 11, 1:30-2:30 p.m.
Looking for part-time work? Caring for fellow seniors can be a rewarding way to give and receive. Seniors Helping Seniors is a home care agency where the care partners are seniors themselves. The agency has paid, part-time opportunities for seniors who are supportive, giving, and compassionate. Presented by Doug Peck, CDP, Director of Community Partnerships, Senior Helping Seniors.

Can’t make it, May 11? Stop by the Friends Café and meet Doug Peck to learn more, Tuesday, May 19, 10:30-12:30.
BEATLES NIGHT AT CALLAHAN
Tuesday, May 12, 6-7 p.m.
Featuring: The Nerk Twins
With generous support from The Rosanne Bergman Trust
Ever wonder what it would be like to be serenaded by Lennon and McCartney. Wonder no more!
The Nerk Twins are an acoustic duo offering melodic, harmonious Beatles stripped down and intimate. Come see two members of the group, Studio Two, and see why The Boston Globe voted them “The best Beatles tribute band in New England” (2019).

INSIDE THE COMBAT ZONE
Tuesday, May 19, 6-7 p.m. Presented by: Stephanie Schorow
How did Boston, a great New England city, become home to one of the largest and most notorious adult entertainment districts in the nation? Join veteran reporter Stephanie Schorow as she teases out the issues that created this controversial neighborhood. Schorow introduces us to the politicians, exotic dancers, wise guys, and residents brought together by the adult entertainment district. Meet the nun-turned-attorney who advocated for the First Amendment rights of adult bookstores, a dancer called “the thinking man’s stripper,” and Boston’s unofficial city censor. For these people and others, the Combat Zone is more than a memory—it was a life-altering adventure. Stephanie Schorow has worked as an editor and reporter for the Boston Herald, the Associated Press, and numerous other publications. She is the author of six books on Boston history, including Inside the Combat Zone.

AMERICA’S GREAT SONGWRITERS:
RICHARD RODGERS & HARRY WARREN
Tuesday, May 26, 6-7 p.m. Presented by: Ross Petot
Starting in the 20s, music for stage and broadcasting introduced a host of great songwriters to the American public. George Gershwin, Irving Berlin, Cole Porter, Duke Ellington and others began to create the Great American Songbook which became a perfect resource for improvising musicians and established a truly American style and sound. Ross Petot will present and examine the songs of Richard Rodgers and Harry Warren. Ross Petot is one of the Boston area’s busiest pianists and is well known to audiences throughout New England as a soloist and as a band member. He has taught piano and performed in the U.S. and abroad for more than 30 years.

QUEST FOR EMPIRE: RACE TO THE SOUTH POLE
Thursday, May 28, 1:30-2:30 p.m. Presented by: Bob Begin
In 1900, Antarctica represented the last unexplored and unclaimed region of the world. Great Britain felt it her duty to explore and claim this region for the British Empire. She would sponsor expeditions to achieve this goal. Other nations would also enter the race. Learn about the explorers who risked life and limb to conquer the Antarctic: Scott, Amundsen, and Shackleton. The terrain they struggled with was barren, lifeless and hostile. Presenter Bob Begin is a naval history enthusiast and lecturer at local libraries and lifelong learning programs.

Are you ready to rightszie to a smaller or newer place?
Are you overwhelmed at the thought of de-cluttering your current home?

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House de-cluttered, repaired then on to market & sold – all within 90 days!
3 MONTHS TO MONEY IN YOUR POCKET!
**STRENGTH TRAINING/CARDIO WITH DELANEY**

**Mondays, Wednesdays & Fridays, 9:45-10:45 a.m., $3 per class**

*CANCELLED: May 25*

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.

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**TAI CHI WITH JON WOODWARD**

**Mondays, 12:30-1:30 p.m., $3 per class**

*CANCELLED: May 4 & 25*

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 form, 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.

---

**CONVERSATION AND HUMOR**

**Mondays, 12-1 p.m.**

*CANCELLED: May 25*

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!

---

**GENEALOGY GROUP**

**Mondays, 1-4 p.m.**

*CANCELLED: May 25*

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.

---

**BOWLING**

**Mondays, 10 a.m. End date TBD**

Come join the Callahan Center bowlers at Ryan’s Family Amusement located at Route 109 in Millis. The cost of $12 a week includes bowling shoes. Questions about the May schedule should be directed to Ruthann Tomassini at ram2151@comcast.net or 508-872-5826, or call Bev King at 508-545-1068.

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**SPORTS FANATICS**

**Mondays, 11-130 a.m.**

*CANCELLED: May 25*

This group is for the true sports fan who loves talking about the teams, athletes, weekly games...and more. Join in the spirited discussion as we look at the highs and lows of the week, both on and off the field.

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**MARY MAKE DO CRAFT CORNER**

**Mondays, 10 a.m. - 4 p.m.**

*CANCELLED: May 25*

Whether you’re a beginner or experienced sewer, join us for this project-focused program. All participants work on the same project. Plan to bring your lunch and stay the entire time. Projects vary according to group interest – some to take home and others to donate. Basic sewing machine skills needed. Please bring your own sewing machine, if you have one. The craft room is also available for Open Sew on Fridays, 9 am to 1 pm. Must be able to work independently. Not an instructional program.

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**CONVERSATION AND HUMOR**

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*CANCELLED: May 25*

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!

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**DUPPLICATE BRIDGE FOR INTERMEDIATE PLAYERS**

**Mondays & Tuesdays, noon-4 p.m.**

*CANCELLED: May 25*

Please try to arrive at 11:45 (prior to the start of play). No partners required.

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**TIME TO HIT THE LINKS CALLAHAN GOLF LEAGUE**

**Tuesdays, 9 a.m., weather permitting Held at Southborough Golf Club**

Course is nine holes for $18 (senior rate). Cart is extra. For more information, contact Paul Virdinlia at JVirdinlia@aol.com or 508-872-7984.

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**RED HAT HONEY BEES**

**Tuesday, May 26, 1-4 p.m.**

*$2 per month*

Come and socialize at the monthly meetings of the Red Hat Honeybees. 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, 10:30-11:30 a.m., $3 per class
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. Lisa is a professional meditation and mindfulness coach, helping others transform their lives to be healthier, happier, and more peaceful. Time spent with Lisa is experiential, educational, and always supported with kindness and good humor. She is a Unified Mindfulness Level-2 Coach, certified Mindfulness@Work Trainer, Kripalu-trained Holistic Health Teacher, US Air Force veteran, and founder of Mindfulfilled Meditation, LLC.

BOOK DISCUSSION GROUP
Thursday, May 7, 1 p.m.
The Word is Murder by Anthony Horowitz
A woman planned her own funeral, but did she arrange her own murder? This masterful and tricky mystery springs many surprises with four situations and four sets of suspects.

Thursday, June 4, 1 p.m.
Because sometimes laughter is the best medicine, for the June meeting participants are asked to share a brief humorous passage from any source and/or to relate a humorous anecdote, personal or otherwise.

CRIBBAGE FOR NEW & EXPERIENCED PLAYERS
Thursdays, 9 a.m.
Please join us if you enjoy playing cribbage or would like to learn. 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.

SOCIAL GROUP FOR WOMEN FROM SOUTH ASIA, MIDDLE EAST AND AFRICA
Thursdays, 1-3 p.m.
Please join other women age 55 and older for companionship and conversation in your native language. Suggest games and activities that will interest you.

GRUPO LATINOAMERICANO
Thursdays, 10:30 a.m.-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.

Este grupo social conduce sus sesiones en español. Conversamos, intercambiamos ideas, y disfrutamos de diversas actividades tales como películas, presentaciones informativas, almuerzos y excursiones. ¡Por favor venga a compartir y a hacer nuevas amistades! Para más información, llame a Martha Guevara al 508-532-5980, extensión 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.

CALLAHAN CENTER KNITTERS
Friday, May 22, 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.

TRY OUR NEW SCIFIT* RECUMBENT STEPPER
Callahan Fitness Center
Monday, Wednesday, Thursday 9 a.m.-4 p.m., Tuesday 9 a.m.-7 p.m., Friday 9 a.m.-1 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 Stepper 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+. A $2 admission fee enables users up to 50 minutes of access to the equipment at a time.

We extend our appreciation to volunteers from Definitive Healthcare who helped with the St. Patrick’s Luncheon.
SUPPORT GROUPS AT CALLAHAN CENTER

Bereavement Support Group: Tuesday, May 12 & 26, 1-2:30 p.m.  
Facilitated by Good Shepherd Community Care

Better Breathers’ Support Group: Wednesday, May 13, 11:30 p.m.

Caregiver Support Group: Wednesday, May 27, 1 p.m.

Evening Caregiver Support Group: Wednesday, May 13, 6 p.m.

Grandparent Support Group*: Wednesday, May 13, 7 p.m.

Low Vision Group: Wednesday, May 20, 11-12:30 p.m.

Parkinson’s Support Group: Tuesday, May 19, 1-2:30 p.m.

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

JFS ALLY NAVIGATOR – HELPING LGBT+ OLDER ADULTS ACCESS MEDICAL CARE

Are you a member of the LGBT+ community and worried about seeking health care for age-related issues? Do you have new or worsening symptoms but are nervous about going to the doctor alone? Join the JFS Ally Navigator program and bring an Ally with you! This program offers specially trained volunteer Allies who will escort you to your medical appointments, support you throughout the visit, and ensure that you have the information you need to make informed decisions about your health care. Offered free of charge. Call JFS of Metrowest at 508-875-3100 x 110 or email patientnav@jfsmw.org to learn more.

FREE BLOOD PRESSURE CLINIC

Wednesdays, 9:30 a.m.-12:30 p.m. No appointment needed.

Come to Callahan Center’s Wellness Clinic this month – and every month – for a free, blood pressure screening. Blood pressure is taken by the Center’s volunteer nurses.

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.

WOULD YOU LIKE TO SLEEP MORE SOUNDLY?

Try Community-Style Ear Acupuncture

Tuesdays, May 5 & 19, 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.

SPOTLIGHT: BETTER BREATHERS SUPPORT GROUP

Wednesday, May 13 at 11:30

Learn how living with a chronic lung disease can be easier. This adult support group gives you the tools you need to live the best quality of life you can. The sessions are for individuals with COPD, pulmonary fibrosis and lung cancer. Monthly meetings are led by Cheryl Burgess, Respiratory Therapist/Clinical Evaluator at Whittier Rehabilitation Hospital.

BEREAVEMENT SUPPORT GROUP

Offered in partnership with Good Shepherd Community Care

Group meets the 2nd and 4th Tuesdays of the month, 1-2:30 p.m.

Join us as we welcome our new Bereavement Clinician Bailey Marshall, LICSW, who facilitates this drop-in group. Good Shepherd Community Care is a not-for-profit health care organization in greater Boston focusing on hospice and palliative care.

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. 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.

Carlyle House

342 Winter Street, Framingham, MA 508-879-6100

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.
HAPPY 8TH ANNIVERSARY TO CONTINUING CONNECTIONS

Congratulations to the Continuing Connections Program on its eight-year anniversary! This innovative social program serves residents with early stage Alzheimer’s or other forms of dementia and their care partners. To celebrate the occasion, current and former participants, staff, and supporters enjoyed a luncheon and honorary speeches. Co-facilitators Lisa Ushkurnis, Jamie Jensen, and Deb Bourque thank all of the program’s supporters. In particular, they would like to thank COA Director Grace O’Donnell, whose ongoing advice and advocacy of the program is much appreciated! They also wish to thank the Friends of Callahan for their meaningful continuity of support. If you or someone you know may have interest in this unique program, please contact Jamie at jjensen@framinghamma.gov (all week) or 508-532-5980 (Fridays only).

WE CAN HELP: Callahan’s Social Service Department is knowledgeable of LGBT community resources and services available to older adults. Social workers can assist older adults in negotiating the senior landscape. Please feel free to reach out to us. Framingham is fortunate to have the new Jewish Family Services LGBT medical escort program described on page 8.

A BRIGHTER DAY

MEMORY CAFÉ
Thursday, May 21, 10:30-noon
Held at the Callahan Center
A Memory Café is a comfortable and stimulating setting for adults with memory issues and their caregivers. The café offers an opportunity to socialize and relax in an accepting environment with entertainment and light lunch. Cafés are held at the Callahan Center on the third Thursday of the month from 10:30-noon. Please contact Karen at 508-875-3100, ext. 400 to RSVP.

CAREGIVER SUPPORT GROUP
DAYTIME: Wednesday, May 27, 1 p.m.
EVENING: Wednesday, May 13, 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 Thursday, 9 a.m.-4 p.m.
and Fridays, 9 a.m.-1 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.

TO DONATE EQUIPMENT: We can only accept Medical Equipment that is clean and in good working order.

HIGH PRESCRIPTION DRUG COSTS?
PRESCRIPTION ADVANTAGE MAY HELP!

Prescription Advantage is a state assistance program which may lower the amount you pay for prescription drugs. It also allows qualified applicants to join or change their Medicare drug plan or Medicare Advantage plan. Eligibility is based on income only and there is no asset limit!

Who can join?
For Massachusetts residents eligible for Medicare, Prescription Advantage may provide secondary drug coverage if you are:
65 or older with an annual income at or less than $63,800 for a single person or $86,200 for a married couple
OR
Under 65 with a disability, with an annual income at or less than $23,989 for a single person or $32,411 for a married couple
For Massachusetts residents not eligible for Medicare, who are 65 or older, or under 65 with a disability, Prescription Advantage may provide primary drug coverage. Call Prescription Advantage to enroll over the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 3. You can apply online by going to www.prescriptionadvantagema.org.

You may also contact the SHINE Program for help applying for Prescription Advantage. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. 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 4.

Live Your Inspired Life.

- Full-service, maintenance-free living
- Spacious 1, 2 & 3 bedroom deluxe apartment homes
- Chef-prepared meals in two restaurants
- On-site amenities including banking, hair salon, spa, staffed fitness center

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Premier Retirement Communities for Active Adults
Salmon Health and Retirement

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WWW.SALMONHEALTH.COM

Continuum of Care
- The Willows Retirement Communities
- Whitney Place Assisted Living and Memory Care
- Beaumont Skilled Nursing and Rehabilitation
- SALMON VNA & Hospice
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.

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.

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.

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:

May 13: Buttermilk Chicken, Mashed Sweet Potatoes, Sautéed Green Beans, Salad, Rolls, Bread Pudding

May 27: Sausage and Veal Cacciatore, Egg Noodles, Garlic Bread, Salad, Vanilla 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.

THE FRIENDS BOARD MEETING

May 5 at 2 p.m.

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

Tune into local cable to watch Frank and Mary in Framingham, a monthly show about topics of interest to seniors. Show airs at 9 a.m. on Tuesday, Thursday and Saturday on Access Framingham TV or any time online at www.accessfram.tv or frankandmaryframingham.com

FRIENDS BOARD MEMBERS

President ………………….. Mark Goldman
Vice President……………. Patrick Dunne
Treasurer………………… Geri Weinstein
Sunshine Lady……………. Mary Megill

Members: Roger Appell, Karin Beth, Cece Binette, Jim DeSimone, Joan LeBlanc, Chris Lorant, Kathy Mello, Bea Moorar, JoAnn Morse, Jo-Ann Tupper

Brenda Erickson, Trip Coordinator, Friends of Callahan Travel

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MEMBER SERVICES

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CREATE A HAPPY, HEALTHY, AND CONNECTED COMMUNITY WITH THE FRIENDS OF CALLAHAN.

INDEPENDENT SENIOR LIVING

49 Edmands 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!

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2lifecommunities.org/Shillman

Morton & Etta Shillman House
on The Harry and Jeanette Weinberg Campus

A 2Life Community
ALL PROGRAMS ARE PENDING UNTIL WE REOPEN

FRIENDS OF CALLAHAN MEMBERSHIP DUES FORM
Name: _____________________________________________________ Friends New Membership $15 _____
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 $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!

FRIENDS DINE AROUND
MARGARITAS IN FRAMINGHAM, Wed., May 20
Call the front desk to sign up: 508-532-5980
It’s CINCO DE MAYO MONTH. Celebrate in style at the Friends Dine Around aka Noche Mexicana on Wednesday, May 20 at Margaritas in Framingham -- 725 Cochituate Rd. (Rte. 30 at Speen St.). Most Friends will be there 5:30-7pm, but the promotion applies all day on Dine-In, Takeout, and Catering. 20% of your bill will be donated back to the Friends. When you sign up, the front desk will give you a flyer to present to your server. The flyer will automatically enter you into a drawing for a $50 Margaritas Gift Card! No cost to enter but YOU MUST BE PRESENT TO WIN! The drawing will be held between 5:30 and 7 pm at the restaurant. SALUD!

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 is 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.

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.

NEW! ADULT SOCIAL DAY PROGRAM
- Flexible – you choose the days
- Enjoy entertainment, outings, activities
- Breakfast & lunch included
- Affordably priced – starts @ $49 per day
- Set up a FREE trial day

Call to register or set up a FREE trial day:
508-665-5300 | www.heritageassistedliving.org/the-club
747 Water St, Framingham, MA
After a surgery or injury our goal is to get you home. Let us help you be our next Rehab Success Story!

Casa de Ramana
Rehabilitation Center

ALL PROGRAMS ARE PENDING UNTIL WE REOPEN

THE LEARNING CENTER
FOR THE DEAF
AUDILOGY 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
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www.tlaudiology.org
(508)875-4559

We Put The “Home” In Housing!

**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

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.

*Income guidelines may apply. Please inquire in advance for reasonable accommodations. Assistance animals welcome. Information contained herein subject to change without notice.*

781-794-1000 | PeabodyProperties.com
IF THE CALLAHAN CENTER IS CLOSED...
HERE ARE SOME THINGS YOU CAN DO TO STAY ENGAGED

We are submitting this May issue of the Courier to our publisher on March 30. Preliminary plans at this time are to reopen the Center on May 4, however, please know that this date is subject to change.

In the event our time apart continues, we wanted to share a few ideas to try from home. These were compiled from a variety of online resources. While most will require a smartphone, tablet or computer, we also have included some that do not:

STAY CONNECTED
• Take advantage of time at home to speak with friends and loved ones, either by phone or via technology.
• Talk to your neighbor from a safe 6-foot distance.

KEEP ACTIVE
(Reminder: Please only undertake physical activities that are safe for YOU to do.) Go for walks, while keeping socially distanced.

Check out these websites with exercises for older adults:
• From the National Institute on Aging: https://go4life.nia.nih.gov/workout-videos/ features 12 video fitness routines targeting different areas, such as balance, flexibility and strength.
• AARP offers a 10-minute indoor walking workout with Denise Austin. Go to https://videos.aarp.org/category/videos/health for this and other video exercise routines.

TAKE A BREAK FROM TECHNOLOGY AND TV
(Some information from Forbes: https://www.forbes.com/sites/suziedundas/2020/03/15/cant-travel-55-things-people-aged-55-can-do-when-theyre-practicing-social-distancing/#50ae0e1d602e)

Read (or re-read) a book
Try a new recipe
Write a letter
Do a puzzle
Clean a closet or organize a drawer
Draw or Doodle
Teach your pet a new trick
Sort through old photos
Eat healthy
Work on your family tree
Start a garden

LEARN SOMETHING NEW
Try a Ted Talk: There are hundreds of great talks available at: https://www.ted.com/. On the homepage, scroll down to see the editors picks or explore playlists (including the 25 most popular talks of all time). Or use the search bar in the top right corner to select a topic of interest to you.

ENJOY A NATIONAL PARK
There are some amazing virtual tours of our beautiful national parks. No flights involved! Visit: https://artsandculture.withgoogle.com/en-us/national-parks-service/parks for tours of Bryce Canyon in Utah, Kenai Fjords National Park in Alaska, Volcanoes in Hawaii, Dry Tortugas in Florida, and Carlsbad Caverns in New Mexico.

TAKE IN A MUSEUM
Google Arts & Culture features content from over 2000 leading museums and archives from around the world who have partnered with the Google Cultural Institute. Check out this terrific collection: https://artsandculture.google.com/

STAY POSITIVE
In these challenging times, try to experience some peace of mind by learning about mindfulness and meditation: https://www.uclahealth.org/marc/meditation-at-the-hammer (scroll down to see a full list or topics available) and https://greatergood.berkeley.edu/
ALL PROGRAMS ARE PENDING UNTIL WE REOPEN

NOTE FOR ALL CLASSES: PARTICIPANTS SHOULD KNOW THEIR USER NAMES AND PASSWORDS.

COMPUTER ROOM HOURS
Monday, Wednesday, Thursday 9 a.m.-4 p.m.;
Tuesday 9 a.m.-7 p.m., and Friday 9 a.m.-1 p.m.
The computer room is not open when
computer classes are in session.

ONLINE SECURITY AND SAFETY
Thursday, May 28, 2-4 p.m.
Instructor: Ralph Dunlea
In today’s connected world, shopping, banking, paying bills, etc., is more convenient than ever thanks to the Internet. But as online transactions have grown in popularity, the Internet has become a more lucrative arena for scammers in their quest to trick buyers into paying for goods they won’t receive or to obtain personal information for financial gain.

This class will review the various ways scammers operate and ways to protect yourself as best as possible. We will discuss how to ensure that sellers and products online are legitimate. We will also discuss anti-virus and anti-spyware programs (some free, others for a fee) to keep your device and information secure.

INTRODUCTION TO MICROSOFT WORD
Thursday, May 21, 2-4 p.m.
Instructor: Cindy Bushala
This introductory class is designed for anyone who is new to Word and would like to learn how to create a basic document or letter. We’ll show you how to open and save a document, edit and format text, and access useful tools like spell check. For this class, you must be comfortable using a keyboard and mouse.

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
FREE Chicken Sandwich
Buy One Chicken Sandwich at Regular Price and Receive 2nd Chicken Sandwich FREE
908-875-9832
www.bk.com
259 Cochituate Road
Framingham, MA 01701

Bertucci’s
$5 OFF any purchase of $25 or more
Offer Good at Framingham location only.
In-store only
508-879-9161
www.bertuccis.com
150 Worcester Road
Framingham, MA 01702
Hours: Mon-Thu., Sun. 11AM – 10PM,
Fri. & Sat. 11AM – 11PM

One FREE Breakfast, Lunch or Dinner Sandwich
508-879-1650
www.mcdonalds.com
Route 30 Mall, 343 Cochituate Rd.
Framingham, MA 01701

Thanks to the Friends of Callahan for sponsoring a fun-filled St. Patrick’s Luncheon featuring entertainment and prize drawings. Pictured: St. Pat’s committee member Kathy Mello with St. Pat’s giveaway items.

Thanks to the Callahan Center for hosting the St. Patrick’s Luncheon for the past 16 years. Pictured: St. Pat’s committee member Kathy Mello with St. Pat’s giveaway items.

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ALL PROGRAMS ARE PENDING UNTIL WE REOPEN

FRIENDS OF CALLAHAN TRAVEL - A 55+ TRAVEL SERVICE
OFFICE HOURS: Monday – Thursday, 10 a.m.-2 p.m. | 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.

TRAVEL

OFFICE HOURS: Monday – Thursday, 10 a.m.-2 p.m. | 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.
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DAYS TRIPS

PLEASE NOTE: At the time this issue was sent to the publisher all May and June trips have been cancelled and trips listed below are subject to change. Please call the travel office with questions, when the Center reopens.

July 2020
7/8/2020 “Funny Girl” Theater by the Sea, Arturo Joe’s in Narragansett, RI 9 am - 6:30 pm $116
7/22/2020 Gloucester Lobster Cruise Aboard Beauport Princess 9:45 am - 5:00 pm $106
August 2020
8/9/2020 Hyannis Harbor Cruise on Bay Spirit 7:30 am - 6:15 pm $89
8/23/2020 Lobsterfest at Newport Playhouse “On Golden Pond” 9:30 am - 6-7 pm $99
September 2020
9/9/2020 King Tut Treasure of the Golden Pharaoh 8:45 am - 4 pm $69
9/16/2020 Plymouth Harbor Cruise on the Lobster Tales 8 am - 5 pm $64
9/21/2020 Provincetown by Ferry TBA am – TBA pm $TBA

October 2020
10/8/2020 Peabody Essex Museum 8:45 am - 4:30 pm $72
10/22/2020 Kancamagus Highway, Octoberfest at Indian Head Resort 8:30 am - 6:30 pm $99
November 2020
11/18/2020 American Heritage Museum, Hudson, MA TBA am – TBA pm $TBA
December 2020
12/4/2020 Boston Pops Holiday Concert, Maggiano’s 11 am - 7 pm $ TBA
12/14/2020 Holiday at Blithewold Mansion, Thames Waterside Grill 9:30 am 5:30 pm $TBA
12/31/2020 New Year’s Eve American Bandstand at Lake Pearl, Wrentham TBA am – TBA pm $92

OVERNIGHT TRIPS

8/6-7/2020 Boothbay Harbor & Cabbage Island; Hotel, Meals, Transportation $409 pp/dbl
9/9-10/24/2020 Mt. Washington Getaway, Meals, Hotel, Sightseeing Cruise plus 3 Hour Train Ride on the Cog Railway $699 pp/dbl
9/27-10/8/2020 Norwegian Coastal Voyage from Boston with Air Booked in 2019 from $5,799 pp/dbl
11/3-14, 2020 Croatia, Slovenia & the Adriatic from Boston with Air from $3,999 pp/dbl
12/6-7/2020 Christmas New York Style, Hotel, Meals, Radio City $499 pp/dbl
4/22-5/2, 2021 Germany’s Cultural Cities from Boston with Air from $3,999 pp/dbl
5/20-6/1, 2021 Exploring the Alpine Countries from Boston with Air from $4, 849 pp/dbl

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. Come take a tour & enjoy lunch with us!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-4 Pool Tables Open 8:30-4 Table Tennis</td>
<td>CENTER OPEN UNTIL 7 8:30-7 Table Tennis</td>
</tr>
<tr>
<td>9-11 SHINE, by appt.</td>
<td>8:30 Contract Bridge</td>
</tr>
<tr>
<td>9-4 Fitness Room $2</td>
<td>9 Golf at Southborough Golf Club, $18</td>
</tr>
<tr>
<td>9-4 Computer Room</td>
<td>9-11 SHINE, by appt.</td>
</tr>
<tr>
<td>9 Pinochle</td>
<td>9-7 Fitness Room $2</td>
</tr>
<tr>
<td>9:45 Strength Training/Cardio $3</td>
<td>9-7 Computer Room</td>
</tr>
<tr>
<td>10 Callahan Bowling, Ryan's Family Amusement, Millis, $12</td>
<td>9 Pinochle</td>
</tr>
<tr>
<td>10-11:30 Sports Fanatics</td>
<td>10 Aerobics</td>
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<tr>
<td>10-4 Mary Make Do</td>
<td>11 Zumba $3</td>
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<tr>
<td>11 Skip-Bo</td>
<td>11-4 Mah Jongg</td>
</tr>
<tr>
<td>12 Conversation &amp; Humor</td>
<td>11:30-1:30 Acupuncture, by appt. $20</td>
</tr>
<tr>
<td>12-4 Duplicate Bridge</td>
<td>12-4 Duplicate Bridge</td>
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<tr>
<td>12-3 Scrabble</td>
<td>12:30 Chair Volleyball</td>
</tr>
<tr>
<td>1-3 SHINE, by appt.</td>
<td>1-3 Discovery Center</td>
</tr>
<tr>
<td>1-4 Genealogy Group</td>
<td><strong>Cancelled: Tai Chi</strong></td>
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<tr>
<td>2 Chair Yoga with Cyndi $3</td>
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<tr>
<td>2 Friends Board Meeting 4:30-6:30 SHINE, by appt.</td>
<td>CENTER OPEN UNTIL 7 8:30-7 Table Tennis</td>
</tr>
<tr>
<td><strong>Closed in observance of MEMORIAL DAY</strong></td>
<td>8:30 Contract Bridge</td>
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<td><strong>1-4 Genealogy Group</strong></td>
<td>9 Golf at Southborough Golf Club, $18</td>
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<td><strong>1:30 Info Session: Seniors Helping Seniors, Part-time Employment</strong></td>
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<td><strong>1-4 Genealogy Group</strong></td>
<td><strong>1-2:30 Bereavement Support Group</strong></td>
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<tr>
<td><strong>1:30 Info Session: Seniors Helping Seniors, Part-time Employment</strong></td>
<td><strong>6:00 Beatles Night at Callahan, Featuring The Nerk Twins</strong></td>
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<tr>
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<td><strong>6 Inside the Combat Zone, Presented by Stephanie Schorow</strong></td>
</tr>
<tr>
<td><strong>1:30 Info Session: Seniors Helping Seniors, Part-time Employment</strong></td>
<td><strong>Mass Cultural Council</strong></td>
</tr>
<tr>
<td><strong>2 Chair Yoga with Cyndi $3</strong></td>
<td><strong>Mass Cultural Council</strong></td>
</tr>
<tr>
<td><strong>1-3 SHINE, by appt.</strong></td>
<td><strong>1-4 Red Hat Honeybees</strong></td>
</tr>
<tr>
<td><strong>1-4 Genealogy Group</strong></td>
<td><strong>4:30-6:30 SHINE, by appt.</strong></td>
</tr>
<tr>
<td><strong>2 Chair Yoga with Cyndi $3</strong></td>
<td><strong>1-3 Discovery Center</strong></td>
</tr>
<tr>
<td><strong>1-3 SHINE, by appt.</strong></td>
<td><strong>1-4 Red Hat Honeybees</strong></td>
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<td><strong>4:30-6:30 SHINE, by appt.</strong></td>
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</tbody>
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**PLEASE NOTE:** The May issue of the Courier was submitted to the publisher at the end of March, at which time the Center was closed until May 4 to the public to reduce the spread of COVID-19. This May 4 date is subject to change.

All programs listed on this calendar are pending the City/State’s decision to reopen Framingham’s facilities.

If we are closed, please wait until we reopen to call the front desk to sign up for the programs in this issue.

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-4 Pool Tables Open</td>
<td>8:30-4 Pool Tables Open</td>
<td><strong>CENTER CLOSES AT 1:30</strong></td>
</tr>
<tr>
<td>8:30-4 Table Tennis</td>
<td>8:30-4 Table Tennis</td>
<td>8:30-1 Pool Tables Open</td>
</tr>
<tr>
<td>9-4 Fitness Room $2</td>
<td>9-4 Fitness Room $2</td>
<td>8:30-1 Table Tennis</td>
</tr>
<tr>
<td>9-4 Computer Room</td>
<td>9-4 Computer Room</td>
<td>9-1 Fitness Room $2</td>
</tr>
<tr>
<td>9:30-12:30 Blood Pressure Clinic</td>
<td>9:30-12:30 Blood Pressure Clinic</td>
<td>9-1 Computer Room</td>
</tr>
<tr>
<td>9:45 Strength Training/Cardio $3</td>
<td>9:45 Strength Training/Cardio $3</td>
<td>9-1 Open Sew</td>
</tr>
<tr>
<td>10 Beading with Marilyn</td>
<td>10 Beading with Marilyn</td>
<td>9 Poker</td>
</tr>
<tr>
<td>10:12-30 Discovery Center</td>
<td>10:12-30 Discovery Center</td>
<td>9:45 Strength Training/Cardio $3</td>
</tr>
<tr>
<td>10:30 Mindful Living &amp; Meditation $3</td>
<td>10:30-12:30 Grupo Latinoamericano</td>
<td>10 &amp; 11 SHINE, by appt.</td>
</tr>
<tr>
<td>1 Discussion Group</td>
<td>11:30 Zumba $3</td>
<td>11 Chair Yoga with Rebecca $3</td>
</tr>
<tr>
<td>1-3 SHINE, by appt.</td>
<td>1-3 SHINE, by appt.</td>
<td>11 Skip-Bo</td>
</tr>
<tr>
<td>2-3:30 Clutter Workshop (Registration closed)</td>
<td>2 Book Discussion Group</td>
<td>12:15 Chair Volleyball</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
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<td><strong>Friday</strong></td>
</tr>
<tr>
<td>6:20 Gentle Floor Yoga with Rebecca $3</td>
<td><strong>CENTER CLOSES AT 1:30</strong></td>
<td></td>
</tr>
<tr>
<td><strong>27</strong></td>
<td>8:30-1 Pool Tables Open</td>
<td><strong>1:30 Intro to Microsoft Word</strong></td>
</tr>
<tr>
<td><strong>28</strong></td>
<td>8:30-1 Table Tennis</td>
<td><strong>2:40 Intro to Microsoft Word</strong></td>
</tr>
<tr>
<td><strong>29</strong></td>
<td>9-1 Fitness Room $2</td>
<td><strong>3:00-3:30 Movie: A Beautiful Day in the Neighborhood</strong></td>
</tr>
<tr>
<td><strong>30</strong></td>
<td>9-1 Computer Room</td>
<td><strong>4:00-4:30 Intro to Microsoft Word</strong></td>
</tr>
<tr>
<td><strong>31</strong></td>
<td>9-1 Open Sew</td>
<td><strong>5:00-5:30 Movie: A Beautiful Day in the Neighborhood</strong></td>
</tr>
<tr>
<td><strong>1</strong></td>
<td>9 Poker</td>
<td><strong>6:00-6:30 Movie: A Beautiful Day in the Neighborhood</strong></td>
</tr>
<tr>
<td><strong>2</strong></td>
<td>9:45 Strength Training/Cardio $3</td>
<td><strong>7:00-7:30 Movie: A Beautiful Day in the Neighborhood</strong></td>
</tr>
<tr>
<td><strong>3</strong></td>
<td>10 &amp; 11 SHINE, by appt.</td>
<td><strong>8:00-8:30 Movie: A Beautiful Day in the Neighborhood</strong></td>
</tr>
<tr>
<td><strong>4</strong></td>
<td>11 Chair Yoga with Rebecca $3</td>
<td><strong>9:00-9:30 Movie: A Beautiful Day in the Neighborhood</strong></td>
</tr>
<tr>
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<td>11 Skip-Bo</td>
<td><strong>10:00-10:30 Movie: A Beautiful Day in the Neighborhood</strong></td>
</tr>
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<td><strong>7</strong></td>
<td>12:20 Gentle Floor Yoga with Rebecca $3</td>
<td><strong>12:00-12:30 Movie: A Beautiful Day in the Neighborhood</strong></td>
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</table>
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.

THE IMPACT OF COVID-19: WE ARE IN THIS TOGETHER!

In these columns, I generally try to provide legal tips and advice regarding how you, as seniors, can plan to make your life easier and to be prepared for life’s inevitable emergencies. Well, here we are. We are all living through an emergency that none of us could have foreseen or planned for. We are all hunkering down, confused about what the next day will bring, concerned about the wellbeing of our families and friends. Jobs are being lost. Lives are in danger. What do you do next? First, take care of yourself. As seniors (I’m with you; I turned 70 in January), we are especially vulnerable right now. Prepare for the medical emergency that might hit.

- Make sure your health care proxy (HCP) is accessible if needed. Most seniors have a health care proxy, but many have never given it to the person they named as their agent. Many more don’t know where it is, if you have not given a copy to your doctor, you should. This would also be a great time to talk to the agent you named in your proxy about how you would like to be treated if Covid-19 hits you.

- Talk to the person you have named in your Power of Attorney. That person may need to be doing things for you if you’re in the hospital or simply because you’re stuck at home. That has become particularly true for folks in assisted living communities that have been essentially locked down.

Second, take care of those around you. This applies to your best friend and also to that woman or man down the street whom you see (or saw) all the time but is now stuck at home. Who knows, that neighbor may have no one to talk to right now, no one with whom to share the incredible anxiety that we are all facing. Email is fine, but there is something comforting about hearing someone’s voice, so while we encourage social distancing, consider reaching out with a phone call.

Third, stay connected with your community. Senior centers and other traditional gathering places for seniors are now closed, but other sources of great information exist to help you navigate what is happening in your community. In particular, check out your community cable station, Access Framingham, either by turning to your local cable channel, on RCN channel 3, Comcast channel 9 or on Verizon channel 43, or by visiting their website, www.accessfram.tv. The folks at your community cable station are dedicated to keeping you informed about the services and programs that will help you cope, and to keeping you in touch with the rest of your community.

Finally, this may be a great time to do the estate plan you were always going to do but put off because you did not have the time or it was really not that important. You have the time. And it could be really important. If you need more information on this, you can contact me at 508-860-1470 or abergeron@mirickoconnell.com. You may also find Frank and Mary’s YouTube channel to be a helpful resource, as I address many common issues facing seniors and their loved ones. All of my cable TV shows, educational seminars and 10-minute elder law Q&A Fireside Chats are available at www.youtube.com/elderlawfrankandmary.
Alzheimer’s Community
Caregivers Support Group

Caring for a family member with Alzheimer’s disease need not prevent you from taking care of yourself or your family. Ease the stress through community support.

3:00 p.m. • 2nd Tuesday of Every Month

FOR MORE INFORMATION, CONTACT: (508) 879-8000
Joan Murphy, LICSW • jmurphy@stpatricksmanor.org
Claire Henry, M.Ed, CDIP • chenry@stpatricksmanor.org

We understand that when you are faced with a loved one exhibiting symptoms of Alzheimer’s disease or a related dementia, it can be a confusing and troubling time in your life. We will help you understand the disease and gain a knowledge about the best methods of care for your loved one.

People afflicted with cognitive impairments require additional care to keep their emotional and physical functioning strong and healthy.

Our specialized professionals connect to deliver consistent, stable care while creating an environment of warmth and understanding.
All programs are pending until we reopen.