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

Bring this ad with you when you take a tour and receive a complimentary mulled wine set.

Independent, Assisted & Memory Care Living
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508-532-3197
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Framingham’s Newest Assisted Living and Memory Care Community

Benchmark Senior Living, known for our innovative approaches to care and award winning programs, is proud to be introducing our newest community in Framingham.

• Many ways to get involved, pursue passions and be connected
• 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

Calling All Veterans

Veterans Pinning Ceremony & Luncheon
Friday, November 8th | Peloquin Room

Lunch at 11:30am | Pinning Ceremony at 12:30pm
Entertainment with Clyde Wheatly at 2pm

All Veterans and their spouses will be served lunch and receive an honorary pin for their service.
Opening remarks will be made by State senator & president elect Karen Spilka

This Event is FREE

Attendees must RSVP
Call 508.665.5300 or email AskHeritage@HeritageAssistedLiving.org

HERITAGE
AT FRAMINGHAM

747 Water St, Framingham, MA
www.heritageassistedliving.org
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Connecting Seniors with Consumer Brands through Senior Center Communications
Tom Keller - Regional Director
508-361-7000
tom@seniorcentercommunications.com
Hello Everyone,

Wishing all of you a very Happy and Healthy Thanksgiving!

I give thanks for the terrific Council on Aging Board and staff members who work on behalf of the older adult population every day. We are fortunate to have so many volunteers donating their time on behalf of the Center and with older adults in the community. You make so much more possible! We are grateful for all of you, participants, who choose to spend your time at the Callahan Center and offer your feedback, suggestions and assistance. Thank you for touching our lives.

Learn how to improve your health and stay well with students from Framingham State University, City Departments and other health-minded professionals at the Senior Health Fair at the Callahan Center on 11/7. Hear from author Mal Duane about healing a broken heart on 11/12. Attend Coping with the Holidays on 11/18 to find out how to cope with losses by connecting with others.

We look forward to honoring veterans 55 and older and their spouses or widows at the Veterans’ Luncheon on Wednesday, 11/13. If you have not received an invitation to the luncheon by October 31, please contact Paula Geller.


Enjoy our movie matinee on 11/26, Rocket Man.

See inside for details about some new exercise options and don’t forget to check out the Fitness Center.

Please note, the Center is often closed the day after Thanksgiving; this would be at the discretion of the Mayor about one week before the holiday. Please call that week to find out if Friday sessions will be held on November 28.

Grace

CALLAHAN CENTER

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 Gambrazzio, Van Driver

SOCIAL SERVICES
Lisa Ushkurnis, MSW, LICSW, Supervisor
Cheryl Lavallee, 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 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:
Mark Goldman, Larry Griffin, Audrey Hall, Sally Kaitz, Betty Muto, Jennifer Rich, Glenda Thomas, Ruthann Tomassini

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 as of November 4:
Monday through Friday 8:30 a.m. – 4:30 p.m.

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Members:
Mark Goldman, Larry Griffin, Audrey Hall, Sally Kaitz, Betty Muto, Jennifer Rich, Glenda Thomas, Ruthann Tomassini
The Callahan Center will be closed on Monday, November 11 in observance of Veterans Day and Thursday, November 28 for the Thanksgiving holiday. (Note: The Center may be closed on Friday, November 29. Please call before coming that day.)

RETURN TO FALL/WINTER SCHEDULE
Beginning on November 4, the Callahan Center will resume fall/winter hours: Monday through Friday 8:30 am to 4:30 pm.

LEGAL CLINIC
Tuesday, November 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.

YOUR VOTE IS IMPORTANT
Framingham City Election
Tuesday, November 5
Polls will be open from 7 a.m. until 8 p.m.

BINGO ON NOVEMBER 13, BINGO WILL START AT 1:30

AGING TOGETHER STUDY SEEKING PARTICIPANTS
UMass Boston is seeking senior children (age 65+) and their parent (age 90+) for a National Institute on Aging funded study. They want to learn what your relationship is like, what challenges you may face, and what support you may need – also if your parent has dementia, how that has changed the relationship.
- In-person interview with you at a place of your convenience
- You'll receive $40 as a thank you
For more information call 617-901-1082 or email: agingtogether@umb.edu.

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

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.

TWO SPECIAL FITNESS PROGRAMS FOR NOVEMBER & DECEMBER
GENTLE PILATES WORKOUT FOR CORE AND BACK
With Delaney Taylor
Starts Friday, November 1
See page 6 for details
STAYING STRONG DURING THE HOLIDAYS!
With Laila Vehvilainen
Starts Wednesday, November 20
See page 6 for details

MONTHLY DROP-IN HOURS WITH CONGRESSWOMAN KATHERINE CLARK’S OFFICE
Wednesday, November 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.

VETERANS LUNCHEON
Wednesday, November 13, noon-1:30 p.m.
The Callahan Center thanks our veterans for their dedicated service! If you are a Framingham resident who is a veteran -- age 55 or older -- or spouse of a veteran and have not yet received an invitation to the luncheon, please call Paula at 508-532-5980, ext. 4110.
SIGN UP FOR THESE SPECIAL PROGRAMS IN NOVEMBER
Please register today: 508-532-5980

SENIOR HEALTH FAIR AT CALLAHAN
Thursday, November 7, 9:30-11:30 a.m.
Offered in partnership with Framingham State University
Meet with experts and agencies from the community to learn about nutrition, wellness and more. The fair will also offer health screenings and educational information. Here’s a sampling of some of the participants: Framingham Public Health Dept. (senior preparedness & medical reserves, no flu shots), Framingham Fire Dept., Callahan Nurses (blood pressure readings), Callahan Honoring Choices Mini-Workshop (Proxy/Advanced Directives), MetroWest Sleep Lab, Chair Massage, Acupuncture, and more.

FROM HEARTBREAK TO WHOLENESS
Three key steps to healing your heart from the loss of a love relationship
Tuesday, November 12, 1:30 p.m.
Presented by: Author Mal Duane
We all experience heartbreak in our lives and sometimes the pain lingers, stripping us of our self-worth and capacity to love again. Based on her international bestselling book, Broken Open: Embracing Heartache and Betrayal as Gateways to Unconditional Love, Mal will share her process for emotional healing:

- Understanding unconscious behavior
- Uncovering the layers of old perceptions
- How to find freedom from the pain through the path of forgiveness

Mal is an inspirational speaker, author and life coach. She also is an active participant at the Callahan Center.

COPING WITH THE HOLIDAYS
Monday, November 18, 1:30-2:30 p.m.
Facilitated by: Susan Kates, LICSW
Space is limited. Registration required.
The winter holiday season is often touted as “the most wonderful time of the year.” However, for those who have experienced the loss of a loved one, the holidays can be a time filled with sadness, loneliness and grief. This workshop offers the opportunity for people to meet with others who are coping with loss and find connections and comfort through the grieving experience. The program will be led by Susan Kates, Social Worker from Good Shepherd Community Care.

MOVIE MATINEE: ROCKET MAN (R)
Tuesday, November 26, 1:30-3:30 p.m.
Young Reginald Dwight changes his name to Elton John and collaborates with singer-songwriter Bernie Taupin to become one of the most iconic figures in pop history. Set to his most beloved songs, it’s the epic musical story of Elton John, his breakthrough years in the 1970s and his fantastical transformation from shy piano prodigy to international superstar.

TRULY ELEANOR
Tuesday, November 19, 2-3 p.m.
Performed by: The Delvena Theatre Company
In this three-person, live performance, Eleanor shares some of her most private and meaningful moments including: her lonely childhood; her joyous courtship/marriage with her fifth cousin, Franklin, her devastation at Franklin’s love affair with her social secretary, her resolve to make him president after his polio diagnosis, her involvement in his presidency, and her eventual triumph at the United Nations. Truly Eleanor takes a candid look at our greatest First Lady’s courage and at her great contributions to human rights and liberty for all.

THE FRENCH REVOLUTION
THE RISE OF NATIONALISM, 1800-1914
Thursday, November 21, 1:30-3:30 p.m.
Presented by: John Gardella
This program will examine the Congress of Vienna following Napoleon’s defeat in 1815; the rise of conservatism, liberalism and nationalism which lead to the revolutions of 1830, 1848 and the unification of both Germany and Italy in 1871. A group discussion will follow examining how nationalism can be a force for unifying or dividing a nation.

The Delvena Theatre Company was founded in 1992 and has performed at various venues, most often at the Boston Center for the Arts. The company was nominated for five Independent Reviewers of New England Awards.

DISCOVERY CENTER FOR CIVIC ENGAGEMENT
NOW OPEN AT CALLAHAN - The Discovery Center can help you discover what’s possible in the second half of life. The Center will provide resources and support for people seeking a stronger sense of purpose through volunteerism and community involvement. To learn more or make an appointment with the Transition Navigator, please call: 508-532-5980, ext. 4109 and leave a message. Office hours are: Tuesdays, 12:15-4:15 pm, Wednesdays & Thursdays, 10 am-12:30 pm and Fridays, 1-3 pm starting November 8.

CALLAHAN CENTER LEARNING & CULTURAL PROGRAMS
All programs are FREE.
Please sign up at the front desk: 508-532-5980

These programs are supported in part by a grant from the Framingham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, and in part by the Rosanne Bergman Trust.

THE LIFE & LEGACY OF J. D. SALINGER
Thursday, November 21, 2-3 p.m.
Presented by: Dr. Larry Lowenthal
Jerome David Salinger, although sparse in his published literary output, remains one of the most admired and studied of all modern American writers. His novel about adolescent rebellion, The Catcher in the Rye, has sold over 10 million copies, making the work a revered classic of post war American fiction. Notorious for his obsessive need for privacy, the writer became famous as much for his eccentricities as for his great literary talent. When he died at the age of 91 in 2010, he left behind a vast body of work that may yet see the light of day. This presentation will explore the quality of Salinger’s art and the connection between his works and his personal life--his youthful rebellion, his traumatic combat experience in World War II, and his numerous marriages and affairs.

Presenter Dr. Larry Lowenthal received an M.A. in English Literature from Northwestern and Ph.D. in Drama from NYU. He taught at several colleges in the U.S. and Israel. More recently, he taught in the English and Jewish Studies Departments at Northeastern as an adjunct professor.
NEW FITNESS PROGRAMS FOR NOVEMBER & DECEMBER

GENTLE PILATES WORKOUT FOR CORE AND BACK WITH DELANEY TAYLOR
Starts Friday, November 1, 9:45-10:45 a.m.
Gentle Pilates is a great way to reverse the negative side effects of poor posture and back pain, since almost all Pilates moves target the core. Most Pilates exercises can be modified for beginners, making them accessible even if you’re new to this form of exercise. These gentle moves will help strengthen your abdominal muscles, stretch and strengthen your back muscles, and improve overall awareness of your posture throughout your day. A strong core is essential to combating poor posture and preventing back pain. These muscles include the pelvic floor, diaphragm, abdominal muscles, some of the back muscles, and the gluteus maximus. Please bring a floor mat, resistance bands and weighted ball if you have them. Chairs will be available for those needing support getting down and up from the floor.

STAYING STRONG DURING THE HOLIDAYS!
Starts Wednesday, November 20, 3:15 p.m.
With Laila Vehvilainen
Join Laila for a “time out” during the holiday season to focus on your health and wellbeing. This five-session course will give you the tools to remain strong not only physically but also mentally. Classes will include exercises to strengthen the body, stretches for tight muscles, and some stress reduction tips. Ho, ho, ho, let stress go! Laila is a certified fitness instructor and personal trainer who has been teaching exercise for more than 12 years.

STRENGTH TRAINING/CARDIO WITH DELANEY Mondays & Wednesdays in Nov. & Dec. 9:45-10:45 a.m., $3 per class
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
Cancelled November 7
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 November 7
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.

GENTLE FLOOR YOGA WITH REBECCA REBER Fridays, 12:20-1:20 p.m., $3 per class
There are many benefits to yoga, including greater flexibility, balance and strength. This class begins with a meditation and gentle warm-up, and moves to an easy flow of postures, in which modifications will be offered depending on experience level. The class will end in a final relaxation or Savasana. Participants must be able to get down and up from the floor.

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.

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, November 4, 18 & 25, 1-4 p.m.
Cancelled November 11
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, November 4, 11, 18 & 25, 10 a.m.
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. The group meets all Monday holidays when Framingham schools are closed due to weather. Contact Ruthann Tomassini at ram2151@comcast.net or 508-872-5826 OR Bev King can be reached at 508-545-1068.

SPORTS FANATICS
Mondays, November 4, 18 & 25, 10-11:30 a.m.
Cancelled November 11
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.

CONVERSATION AND HUMOR
Mondays, November 4, 18 & 25, 12-1 p.m.
Cancelled November 11
Do you want to laugh? Would you like to gripe about a pet peeve? Do you have a joke to share?
**PROGRAMS & ACTIVITIES**

**DUPLICATE BRIDGE FOR INTERMEDIATE PLAYERS**
Mondays & Tuesdays, noon-4 p.m.
*Cancelled November 11.* Please try to arrive at 11:45 (prior to the start of play). No partners required.

**CONTRACT BRIDGE**
Tuesdays, 8:30-11:30 a.m.
“Home-style” bridge where the play is more casual.

**CALLAHAN CENTER CHAIR VOLLEYBALL GROUP**
Tuesdays, 12:30-1:45 p.m.
Fridays, 12:15-1:30 p.m. until Nov. 1
Fridays, 12:45-2:15 p.m. starting Nov. 8
Stop in and join the fun. No experience necessary.

**RED HAT HONEY BEES**
Tuesday, November 26, 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.

**MINDFUL LIVING & MEDITATION**
Wednesdays, November 6, 13, 20, & 27
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. 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!), as well as easy techniques you can use anytime and anywhere to help keep you feeling healthy.

**CRIBBAGE FOR NEW & EXPERIENCED PLAYERS**
Thursdays, November 7, 14, & 21, 9 a.m.
*Cancelled November 28*
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.

**BOOK DISCUSSION GROUP**
Thursday, November 7, 1 p.m.
*The Spy and the Traitor: The Greatest Espionage Story of the Cold War*, by Ben Macintyre
Thursday, December 5, 1 p.m.
*Lisette’s List* by Susan Vreeland.
Set in Provence between 1937 and 1948, this novel explores the power of art, how painters help us interpret our world, and the hiding of important art works during World War II. For more information about the Callahan Book Discussion Group, please contact Eleanor Brody at 508-872-6162 or eleanorbrody1@gmail.com.

**NEW SOCIAL GROUP FOR WOMEN FROM SOUTH ASIA, MIDDLE EAST AND AFRICA**
Thursdays, November 7, 14, & 21, 1-3 p.m.
*Cancelled November 28*
Please join other women 55 and older for companionship and conversation in your native language. Suggest games and activities that will interest you.

**GRUPO LATINOAMERICANO**
Thursdays, November 7, 14, & 21
10:30-12:30 p.m.
*Cancelled November 28*
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.

**CALLAHAN CHORAL GROUP**
Led by: Ilse Agte
Thursdays, November 7, 14 & 21, 2 p.m.
$3 contribution appreciated
If you love to sing, share your voice with the Callahan Center Choral Group. Participants sing a variety of songs including American Standards, Broadway tunes, and music of the ’30s, ’40s, and ’50s, as well as more contemporary numbers.
SUPPORT GROUPS AT CALLAHAN CENTER

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

Better Breathers’ Support Group: Wednesday, November 13, noon

Caregiver Support Group: Not meeting in November

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

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

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

Parkinson’s Support Group: Tuesday, November 19, 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, November 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.

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.

SPOTLIGHT: PARKINSON’S DISEASE SUPPORT GROUP
Tuesday, November 19 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 Ushkurnis, 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.
HOME ENERGY & FUEL ASSISTANCE PROGRAM FOR 2019-2020
Beginning November 1, 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.

A BRIGHTER DAY MEMORY CAFÉ
Thursday, November 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 activities. Cafés are held at the Callahan Center on the third Thursday of the month. Please contact Karen at 508-875-3100, ext. 400 for more information and to RSVP.

HOLIDAY NOTE
A local church will be having a Giving Tree for the December holidays. If you or someone you know could benefit from a small gift, please contact Lisa at 508-532-5980, ext. 4108 by November 8.

CAREGIVER SUPPORT GROUP
DAYTIME: Cancelled in November
EVENING: Wednesday, November 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 Friday 9 a.m.-4 p.m.
On Friday, Nov. 1, pick up available only until 1:30 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.

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.

DON’T WAIT UNTIL IT’S TOO LATE!
Medicare Open Enrollment ends December 7
Don’t miss your chance to change plans
Call SHINE for help comparing options
It’s extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. To best help you compare, you should have a MyMedicare.gov account. If you don’t have one already, you can go to MyMedicare.gov to easily create one, or it can be done at your SHINE appointment.

Call the Callahan Center and ask for a SHINE appointment: 508-532-5980. Be sure to bring your Medicare card, any other drug/health insurance cards and benefit information, and a detailed list of your current prescription drugs to your appointment.

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

St. Patrick’s Manor
863 Central Street
Framingham, MA 01701
508-879-8000
Short & Long Term Care Facility
Skilled Nursing & Rehab
Memory Care
Transitional Care
Respite Care
Hospice Services
FRIENDS BOARD MEMBERS
President .................... Mark Goldman
Vice President ............ Patrick Dunne
Treasurer .................... Barbara Dunn
Asst. Treasurer ............ Geri Weinstein
Rec. Secretary ............ Linda Levitt
Sunshine Lady ............ Mary Megill
Members: Roger Appell, Karin Beth,
Cece Binette Jim DeSimone, Joan LeBlanc,
Chris Lorant, Bea Mooar, 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
November 5 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. Check frequently for updates.

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 a.m. with professional piano playing volunteered by Sonja Maneri. Lunches are catered by TJ’s, Ashland, MA.

ON THE MENU:
11/20/19: Minestrone Soup, Meatloaf, Mashed Sweet Potatoes, Rolls, and Broccoli.

Reserve Now – $6 per person. Space is limited to 60 participants. Please sign up in advance: 508-532-5980

Bon Appetit! Seated from l to r: Paul Virdinia, Dan Mackey, Steve Clark, and Leslie Clark. Standing: Cindy and Walter from TJ’s in Ashland

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.

CARLYLE HOUSE
342 Winter Street, Framingham, MA
www.carlylehouse.biz
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.
SHOPPING FOR THE HOLIDAYS?
**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 Friends of Callahan would like to extend special thanks to Roche Bros. for generously providing refreshments for the grand opening of Callahan's new fitness center.

**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. Check frequently for updates.

**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.

**FRIENDS OF CALLAHAN MEMBERSHIP DUES FORM**

<table>
<thead>
<tr>
<th>Name: __________________________________________</th>
<th>Friends New Membership $15 __________</th>
</tr>
</thead>
<tbody>
<tr>
<td>If this is a NEW Membership or the information has changed please list the following:</td>
<td></td>
</tr>
<tr>
<td>Address: ______________________________________</td>
<td>Additional Membership for Household $5 ______</td>
</tr>
<tr>
<td>City, State, Zip: ____________________________</td>
<td>Friends Membership Renewal $15 ________</td>
</tr>
<tr>
<td>Telephone: ____________________________</td>
<td>Birth Date: ________________________</td>
</tr>
<tr>
<td>Emergency Contact: ____________________________</td>
<td>Relationship to you: ________________</td>
</tr>
<tr>
<td>Telephone for Emergency Contact: ____________________________</td>
<td></td>
</tr>
<tr>
<td>How did you hear about us? ___ Ad in Paper ___ Courier ___ Word of Mouth ___ Other (Please Specify Below)</td>
<td></td>
</tr>
<tr>
<td>Total Enclosed _______________</td>
<td>Friends Membership includes 12 issues of the Courier Newsletter mailed to you.</td>
</tr>
</tbody>
</table>

$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!

**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.

**WELCOME. Once You Arrive...**

You will see and feel the difference.

**MARY ANN MORSE HEALTHCARE CENTER**

Short-Term Rehabilitation, Memory & Long-Term Care

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

Contact us to learn more about our services
848 Central Street, Framingham, MA 01701
www.tlcaudiology.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.

781-794-1000 | PeabodyProperties.com
1. **Spot imposter**. Scammers often pretend to be someone you trust, like a government official, a family member, a charity, or a company you do business with. Don’t send money or give out personal information in response to an unexpected request — whether it comes as a text, a phone call, or an email.

2. **Do online searches**. Type a company or product name into your favorite search engine with words like “review,” “complaint” or “scam.” Or search for a phrase that describes your situation, like “IRS call.” You can even search for phone numbers to see if other people have reported them as scams.

3. **Don’t believe your caller ID**. Technology makes it easy for scammers to fake caller ID information, so the name and number you see aren’t always real. If someone calls asking for money or personal information, hang up. If you think the caller might be telling the truth, call back to a number you know is genuine.

4. **Don’t pay upfront for a promise**. Someone might ask you to pay in advance for things like debt relief, credit and loan offers, mortgage assistance, or a job. They might even say you’ve won a prize, but first you have to pay taxes or fees. If you do, they will probably take the money and disappear.

5. **Consider how you pay**. Credit cards have significant fraud protection built in, but some payment methods don’t. Wiring money through services like Western Union or MoneyGram is risky because it’s nearly impossible to get your money back. That’s also true for reloadable cards (like MoneyPak or Reloadit) and gift cards (like iTunes or Google Play). Government offices and honest companies won’t require you to use these payment methods.

6. **Talk to someone**. Before you give up your money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. They might even threaten you. Slow down, check out the story, do an online search, consult an expert — or just tell a friend.

7. **Hang up on robocalls**. If you answer the phone and hear a recorded sales pitch, hang up and report it to the FTC. These calls are illegal, and often the products are bogus. Don’t press 1 to speak to a person or to be taken off the list. That could lead to more calls.

8. **Be skeptical about free trial offers**. Some companies use free trials to sign you up for products and bill you every month until you cancel. Before you agree to a free trial, research the company and read the cancellation policy. And always review your monthly statements for charges you don’t recognize.

9. **Don’t deposit a check and wire money back**. By law, banks must make funds from deposited checks available within days, but uncovering a fake check can take weeks. If a check you deposit turns out to be a fake, you’re responsible for repaying the bank.

10. **Sign up for free scam alerts from the FTC** at ftc.gov/scams. Get the latest tips and advice about scams sent right to your inbox.

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If you spot a scam, report it at ftc.gov/complaint. Your reports help the FTC and other law enforcement investigate scams and bring crooks to justice.
**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**

*Please note: During Medicare open enrollment, the computer room will be unavailable for public access on Tuesdays and Wednesdays all day to accommodate SHINE appointments.*

**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.

**SHOPPING SAFELY & SECURELY ONLINE**

**Thursday, November 14, 2-4 p.m.**

**Instructor: Ralph Dunlea**

Are you planning to shop online for the holidays? Online shopping has become more available and popular each year. It also has become much more lucrative for scammers. Some try to trick buyers into paying for goods they won’t receive, while other scammers seek to obtain your personal information for financial gain. This class will review the various ways these scammers work and what you can do to protect yourself when purchasing products on the Internet.

**PC SECURITY & MAINTENANCE**

**Thursday, November 21, 2-4 p.m.**

**Instructor: Ralph Dunlea**

This class will review the various scams, rip offs and threats that you may encounter any time you check email or surf the Internet. We will discuss what to do when unwanted screens or pop-ups suddenly appear on your PC. You will learn what to do if Ransomware holds your computer hostage and demands you pay money to unlock your PC. We also will cover the various tools (anti-virus programs, anti-spyware programs, computer cleaning programs) that are available and can help stop many threats before they affect your computer.

**ASK-THE-EXPERTS**

**Thursdays, November 7, 14 & 21**

**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.

**COMING THIS FALL**

Free clinics on the use of handheld electronic devices including cell phones, iPads/tablets, and Kindles/e-readers. Get connected...stay in touch with family and friends. For more information, please call the front desk at 508-532-5980 or Sam Swisher at ext. 4113. We will follow up with you regarding exact dates and times of sessions.

**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

508-879-9161
www.bertuccis.com
150 Worcester Road
Framingham, MA 01702
Hours: Mon.-Thurs., Sun. 11AM - 10PM, Fri. & Sat. 11AM - 11PM

**McDonald’s**

One FREE Breakfast, Lunch or Dinner Sandwich

508-879-1650
www.mcdonalds.com
Route 30 Mall, 343 Cochituate Rd.
Framingham, MA 01701

**TERMS & CONDITIONS:**

Not valid with any other offers. Discounts for purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party/visit. Reproductions/copies are not valid. No cash value. Expires 11/30/19.

**TERMS & CONDITIONS:**

Not valid with any other offers. Discounts for purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party/visit. Reproductions/copies are not valid. No cash value. Expires 11/30/19.
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.

<table>
<thead>
<tr>
<th>DAY TRIPS</th>
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</thead>
<tbody>
<tr>
<td>November 2019</td>
</tr>
<tr>
<td>11/7/2019 A Day at the New Encore Casino - Price Includes Motor Coach Only 10 am-3:30 pm $25</td>
</tr>
<tr>
<td>December 2019</td>
</tr>
<tr>
<td>12/1/2019 SUNDAY Boston Ballet Nutcracker - Maggiano's 10 am-5 pm $146</td>
</tr>
<tr>
<td>12/29/2019 Salem Cross Inn Fire Place Feast – Prime Rib 11:15 am-5 pm $98</td>
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</tbody>
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<thead>
<tr>
<th>OVERNIGHT TRIPS 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/4-6/2019 Friends of Callahan: White Mountain Holiday Tour with Brenda Erickson, $489 pp/dbl</td>
</tr>
<tr>
<td>4/21-29/2020 Springtime Tulip River Cruise with airfare $4199.00 dbl</td>
</tr>
<tr>
<td>6/23/2020 LaBelle Seine</td>
</tr>
</tbody>
</table>

The Holidays are Coming!

The Friends of Callahan Travel Department is offering Gift Certificates:

$50, $100, $150

Checks, cash and credit cards accepted.

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!

(508) 405-8602
2lifecommunities.org/Shillman
11

Closed in observance of
VETERANS DAY

8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-11 SHINE, by appt.
9-4 Computer Room
9 Pinochle
9:45 Strength Training/Cardio $3
10 Callahan Bowling, Ryan’s Family Amusement, Millis, $12
10-11:30 Sports Fanatics
10-4 Mary Make Do
11 Skip-Bo
12 Conversation & Humor
12-4 Duplicate Bridge
12-3 Scrabble
12:30 Tai Chi with Jon Woodward $3
1-4 Genealogy Group
1-3 SHINE, by appt.
1:30 Coping with the Holidays
with Susan Kates, LICSW
2 Chair Yoga with Cyndi $3

12

8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-11 SHINE, by appt.
9-4 Computer Room
9 Pinochle
9:45 Strength Training/Cardio $3
10 Callahan Bowling, Ryan’s Family Amusement, Millis, $12
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12-3 Scrabble
12:30 Tai Chi with Jon Woodward $3
1-4 Genealogy Group
1-3 SHINE, by appt.
1:30 Coping with the Holidays
with Susan Kates, LICSW
2 Chair Yoga with Cyndi $3

8:30-4 Table Tennis
8:30 Contract Bridge
9-4 Computer Rm. Closed: SHINE appts. only
9 Pinochle
10 Aerobics
11 Zumba
11-4 Mah Jongg
11:30-1:30 Acupuncture, by appt. $20
12-4 Duplicate Bridge
12:15-4:15 Discovery Center
12:30 Chair Volleyball
2 Friends Board Meeting

Election Day – Remember to Vote!

18

8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-11 SHINE, by appt.
9-4 Computer Room
9 Pinochle
9:45 Strength Training/Cardio $3
10 Callahan Bowling, Ryan’s Family Amusement, Millis, $12
10-11:30 Sports Fanatics
10-4 Mary Make Do
11 Skip-Bo
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12-4 Duplicate Bridge
12-3 Scrabble
12:30 Tai Chi with Jon Woodward $3
1-4 Genealogy Group
1-3 SHINE, by appt.
1:30 Coping with the Holidays
with Susan Kates, LICSW
2 Chair Yoga with Cyndi $3

19

8:30-4 Table Tennis
8:30 Contract Bridge
9-4 Computer Rm. Closed: SHINE appts. only
9 Pinochle
10 Aerobics
11 Zumba $3
11-4 Mah Jongg
11:30-1:30 Acupuncture, by appt. $20
12-4 Duplicate Bridge
12:15-4:15 Discovery Center
12:30 Chair Volleyball
1-2:30 Bereavement Support Group
1:30 COA Board Meeting
1:30-2:30 From Heartbreak to Wholeness with Author Mal Duane

25

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

26

8:30-4 Table Tennis
8:30 Contract Bridge
9-4 Computer Rm. Closed: SHINE appts. only
9 Pinochle
9-11 Legal Clinic
10 Aerobics
11 Zumba $3
11-4 Mah Jongg
12-4 Duplicate Bridge
12:15-4:15 Discovery Center
12:30 Chair Volleyball
1 Red Hat Honey Beer
1-2:30 Bereavement Support Group
1:30-3:30 Movie Matinee: Rocket Man (R)
Wednesday

8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-4 Computer Rm. Closed: SHINE appts. only
9:30-12:30 Blood Pressure Clinic
9:45 Strength Training/Cardio $3
10-12:30 Discovery Center
10 Beading with Marilyn
10:30 Mindful Living & Meditation $3
1 Discussion Group
1 BINGO
1:30-3:30 Matter of Balance (Registration Closed)

12:30-2:30 Bingo (Note: Later start time)
1:30-3:30 Matter of Balance (Registration Closed)
6 Evening Caregiver Support Group
7 Grandparent Support Group

Thursday

8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-4 Computer Rm. Closed: SHINE appts. only
9:30-12:30 Blood Pressure Clinic
9:30 U.S. Rep. Katherine Clark’s Office Hours
9:45 Strength Training/Cardio $3
10-12:30 Discovery Center
10 Beading with Marilyn
10:30 Mindful Living & Meditation $3
12 Veteran’s Luncheon (by invitation only)
12 Better Breathers Support Group
1 Discussion Group
11:30 Friends Lunch, $6 per person, registration required
1 Discussion Group
1 BINGO
1:30-3:30 Matter of Balance (Registration Closed)
6 Evening Caregiver Support Group

Trip: Encore Casino
8:30-4 Pool Tables Open
8:30-4 Table Tennis
9-130 Computer Room
9 Cribbage
9:15 Practically Fit $3
10-12:30 Discovery Center
10-2 Mah Jongg
10-12 Ask-the-Experts
10:30-12:30 Grupo Latinoamericano
1-3 SHINE, by appt.
1 Book Discussion Group
1-3 New: Social Group for Women from South Asia, Middle East and Africa
2 Choral Group
2 Life & Legacy of J. D. Salinger with Dr. Larry Lowenthal
2-4 Shopping Safely & Securely Online

Friday

8:30-4 Pool Tables Open
9-4 Computer Room
9-4 Open Sew
9 Poker
9:45 Gentle Pilates Workout $3
10 & 11 SHINE, by appt.
11 Chair Yoga with Rebecca $3
11 Skip-Bo
12:20 Gentle Floor Yoga with Rebecca $3
12:45-2:15 Chair Volleyball
1-3 Discovery Center

Center closes at 1:30

11 Callahan Knitters
10:30 Callahan Knitters
10 & 11 SHINE, by appt.
12:20 Gentle Floor Yoga with Rebecca $3
12:45-2:15 Chair Volleyball
1-3 Discovery Center

Center Now Open Until 4:30

13 2-4 Shopping Safely & Securely Online
Dr. Larry Lowenthal
2 Life & Legacy of J. D. Salinger with John Gardella
1:30-3:30 The Rise of Nationalism
South Asia, Middle East and Africa
1-3 New: Social Group for Women from South Asia, Middle East and Africa
2 Choral Group
2 Life & Legacy of J. D. Salinger with Dr. Larry Lowenthal
2-4 Shopping Safely & Securely Online

Center is open today.

14 12:45-2:15 Chair Volleyball
12:20 Gentle Floor Yoga with Rebecca $3
12:45-2:15 Chair Volleyball
1-3 Discovery Center

Center Now Open Until 4:30

15 12:30-2:30 Bingo (Note: Later start time)
1:30-3:30 Matter of Balance (Registration Closed)
6 Evening Caregiver Support Group
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16 10-12 Ask-the-Experts
10-2 Mah Jongg
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10:30-12:30 Grupo Latinoamericano
11:30 Zumba $3
1-3 SHINE, by appt.

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2 Choral Group
2 Life & Legacy of J. D. Salinger with Dr. Larry Lowenthal
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Center is open today.

17 12:45-2:15 Chair Volleyball
12:20 Gentle Floor Yoga with Rebecca $3
12:45-2:15 Chair Volleyball
1-3 Discovery Center

Center Now Open Until 4:30

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11:30 Zumba $3
1-3 SHINE, by appt.

10:30 Callahan Knitters
10 & 11 SHINE, by appt.
12:20 Gentle Floor Yoga with Rebecca $3
12:45-2:15 Chair Volleyball
1-3 Discovery Center

Center Now Open Until 4:30

20 10-12 Ask-the-Experts
10-2 Mah Jongg
10-12:30 Discovery Center
10-2 Mah Jongg
10-12 Ask-the-Experts
10:30-12:30 Grupo Latinoamericano
11:30 Zumba $3
1-3 SHINE, by appt.

1-3 New: Social Group for Women from South Asia, Middle East and Africa
1-3 New: Social Group for Women from South Asia, Middle East and Africa
2 Choral Group
2-4 PC Security & Maintenance

Center is open today.

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28 Please call to confirm if the Center is open today.

8:30-4 Pool Tables Open
9-4 Computer Room
9-4 Open Sew
9 Poker
9:45 Gentle Pilates Workout $3
10 & 11 SHINE, by appt.
11 Chair Yoga with Rebecca $3
11 Skip-Bo
12:20 Gentle Floor Yoga with Rebecca $3
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Center is open today.
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.

GIVE YOUR SPOUSE A FINAL GIFT: ASSET PROTECTION

I often meet with a recently widowed man or woman together with one or more of their children. Typically, I am asked how the surviving parent’s assets can be protected should he or she later need nursing home care. Unfortunately, at that point, all that the surviving spouse can do is give away assets, either to the children or to an irrevocable trust for their benefit, and wait five years. I usually avoid bringing up the hard truth that had the deceased spouse done some asset protection prior to death, the widow or widower’s assets would be safe, even if it was done only months or even weeks before.

If you are married, no matter how sick you are, you have the ability to give your spouse a wonderful gift: greater economic security. If you execute a will saying that, at your death, the assets that you were going to leave to your surviving spouse anyway will instead be left in trust for his or her benefit and you name a trustee (such as one or more of your children or anyone else other than your surviving spouse), then all the assets that are in your name at the time of your death will be safe, non-countable and non-lienable should your surviving spouse later need to qualify for MassHealth, even if he or she needs to qualify the day after your death. There is no five year wait.

You need to make sure, of course, that the assets you want to protect are in your name at the time of your death and that the assets will therefore go into this “testamentary trust” (a trust that is created through and is part of your will). So if your assets are held jointly with your spouse, you want to make sure someone has the presence of mind (and the legal power) to transfer the assets to your name alone before you die. If you have assets such as IRA or 401(k) accounts that name a death beneficiary, you want to make sure that the death beneficiary is changed to be the testamentary trust under your will for the benefit of your spouse. You want to make sure you have executed a Power of Attorney (POA), and that you tell the person named in the POA to get this done before you die if it has not been done already. The point, though, is that these transfers into your name can be done at the last minute, sometimes on the day you die, as long as you have already completed your will.

So whether you are sick or well, it’s never too late to protect your spouse, so long as you do it before you are gone. Just don’t wait too long. It’s always too early until it’s too late.

If you need more information on this, you can contact me at (508) 860-1470 or abergeron@mirickoconnell.com. You can also view my 10-minute Q&A Fireside Chats on Frank and Mary’s YouTube Channel, www.youtube.com/elderlawfrankmary and find more in-depth commentary on legal issues on Mirick O’Connell’s Trusts and Estates blog, “Getting All Your ‘Docs’ in a Row”.

To learn how Mirick O’Connell’s
Estate Planning
Elder Law Attorneys can assist you and your loved ones, contact

Arthur P. Bergeron
508.860.1470
abergeron@mirickoconnell.com

Watch our elder law legal clinics on YouTube:
“ElderLawFrankAndMary”

Follow our Blog:
“Getting All Your ‘Docs’ in a Row”

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Excellence in client service.
Excellence in value.

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Come take a tour & enjoy lunch with us!

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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

For more information: 508.358.2800
or email: jessica@carriagehousewayland.com