



Senior



Plainville Council on Aging
9 School St. • Plainville, MA 02762
508-699-7384
Fax: 508-699-1325

Moments

JANUARY / FEBRUARY 2012

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Your Senior Center is open from
8:30am till 3:30pm,
Monday thru Friday, except on holidays.

Meal reservations must be made
48 hrs in advance.
Please call the kitchen at 508-699-0937
to order or cancel your reservation

Your mini bus is on the road from
9:00am to 3:00pm Monday thru Friday.
We ask that all reservations be made
as soon as possible.

We are here to assist you
in any way we can.

Please call us at the center at
508-699-7384.

Notary Public Services Available.

**Come grow older along with us,
the best is yet to be.**

Hi Folks,

Here we are again....a new year, a new beginning and many things to look forward to this year.

Now that inclement weather is getting ready to descend upon us, remember that if Plainville schools are closed, the Center will be closed. If it is a school vacation and you are unsure if we are closed, call the Center (508-699-7384) and listen for the recorded message.

The weather has not been too bad and as I write this newsletter we haven't had any snow(knock on wood)! I'm sure this can't last but I'm beginning to like no snow I must be getting older; I used to love the snow and cold weather.

Hope your holidays were warm and comforting and Santa fulfilled all your wishes and if he didn't, maybe we can help. Come on down and visit. We can work all kinds of magic here at the Center. It's fun and a nice place to have breakfast, a cup of coffee and a goodie, meet some new people or not, read the paper, play cards....use your laptop, exercise, Wii bowling, get a massage or a manicure....so many things to do.

A reminder that we will be closed on January 16th, Martin Luther King day and Monday, Feb. 20th, Presidents Day.

Our next Pizza Party will be on Thursday, Jan. 26th with our old friend Joey Canzano. Don't forget, no matter what the weather the sun always shines at the Center. Join us for a good time.

Coffee 'N Conversation will be held on Wed. January 25th at 10:am. Fresh coffee and doughnuts available along with interesting conversation with state and local officials and sometimes people are put on the "hot seat". Always interesting!

My annual wish for you in 2012...

*May the light always find you on a dreary day.
When you need to be home, may you find a way.
May you always have courage to take a chance
And never find frogs in your underpants!*

Love & Hugs

Sue

JANUARY BIRTHDAYS

JAN. 1-THOMAS ARMITAGE, JACQUELINE GOW
 JAN. 2-WILLIAM DANNER
 JAN. 3-DANIEL NOLIN
 JAN. 7-CATHY VITO
 JAN. 8-BARBARA DUMONT
 JAN. 12-CLAIRE ARES
 JAN. 13-MURIEL BALDWIN
 JAN. 14-CAROLINE BOMBADIER, WINNIE MASINO
 JAN. 15- MARTIN FOLEY
 JAN. 16-DIANA GREEN

JAN. 17-SUE HINSKI

JAN. 20-WILLIAM CLARKE, EDMUND FERRARA, WILLIAM HOMER
 JAN. 21-EVELYN HENRY
 JAN. 23 - MARY LOU DELSIGNORE
 JAN. 25-ELEANOR GREENE, JAN STEWARD
 JAN. 26-HELEN ROBINSON, THELMA SCHMIDT, ROY JOHNSON
 JAN. 28-EILEEN GAGNON, VIRGINIA MCCARTHY
 JAN. 29-RAYMOND GAGNON
 JAN. 30-RUTH CAFFELLE, JOHN MCLAUGHLIN
 JAN. 31-THERESA KOVACS

FEBRUARY BIRTHDAYS

FEB. 3-GLORIA HEAD, LORETTA LANNI, EDITH MURPHY,
 RICHARD MERCURE
 FEB. 4- PEG CAPONI
 FEB. 5-MARGARET ANEMAET
 FEB. 6-SANDRA GERMANO, MARY BROOKS
 FEB. 7-GEORGE LACHER
 FEB. 8-GLEN BOULIER

FEB. 10-SHERRY NORMAN

FEB. 11-WERNER GRABOWSKI
 FEB. 10-REGINA NOONAN
 FEB. 14-FRANK FREY
 FEB. 15- HELEN FITZPATRICK, CHRISTINE MOSCHERA
 FEB. 20-LUCILLE KENISTON
 FEB. 22- JOHN PINO
 FEB. 25- JOHN BUJA
 Feb. 26 - EDNA GUCWA
 FEB. 27-BETTY LOU McKEARNEY
 FEB. 28-ED FISKE, MARY FISKE
 FEB. 29-JANE GILMORE

**JANUARY ANNIVERSARIES**

JAN 4-FRANK & HELEN FREY
 JAN. 25 FRED & MIM HOLMES
 JAN. 28-ROY & GINNY JOHNSON

FEBRUARY ANNIVERSARIES

FEB. 5-LORRAINE & FRED PARKER
 FEB. 9-ED & FLO FERRARA



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DEAN'S BREAKFAST AND LUNCHEON SPECIALS - We have a very special "cook" in our kitchen mixing up a delicious breakfast for \$2.50 (eggs, breakfast meat, homefries, toast & coffee). The breakfast will be served as you order and payable when you order. **In January we will start serving breakfast every Tuesday from 8 to 10:am beginning on January 10th.** The breakfast will be on a **trial basis** only thru January, February and March; then we will make a decision whether to hold the breakfast every week or twice a month. We will not be serving breakfast or lunch during the month of April. Dean will be in Florida (lucky guy!)for the month of April

Dean is also doing a luncheon once a month on the 3rd Wednesday of each month. Cost for Jan. and Feb. will be \$3.50 per person and for March \$5.00. Menu as follows:

- Menu for Wed. **Jan. 18th** will be Salad, Beef Burgundy over egg noodles and apple bread pudding.
- Menu for Wed. **Feb. 15th** will be Salad, Shepard's Pie and Peach Shortcake for dessert.
- We will hold our St. Patrick's Day Celebration on Wed. **March 14th** (2nd Wed. of the month) with Dean cooking Corned Beef and Cabbage with the fixings, Irish Soda Bread (from the Chieftain) and Entertainment provided by Tim Quinn & Company. Price will be \$5.00.

BARIUM - what you do when the patient dies.

COUNCIL ON AGING MEETINGS -are usually held on the 2nd Tuesday of each month @ 10:am; but due to a scheduling conflict the January meeting will be held on Tues. Jan. 10th @ 1:pm. February's meeting will be as scheduled on Tues. Feb. 14th @ 10:am. Please join us in the library of the Center- all are welcome and you do not have to be a senior to attend or to be a member . Meetings are open to the public.

There are no rules here. We're trying to accomplish something. Thomas Edison

ASK A COIN EXPERT - We have a certified numismatic scholar with the American Numismatic Association who has offered to hold an informational session on coins. Tony Arigo has offered to give an initial presentation to help seniors understand the value of their coins, how to care for and secure them and their best options for their eventual dispersal or sale. The informational session will be held on Tues. Jan. 10th at 12:30pm in the library of the Senior Center. Tony will also be available every 2nd Tuesday of each month at 12:30pm to answer your questions about coins. Feb. 14th will be the next scheduled meeting.

What do you call four bullfighters in quicksand? Quatro-sinko.




TAI CHI - will be taking a vacation during the winter months of January and February. For more information on when we will restart, please call the Center.

There is no conclusive evidence about what happens to old skeptics, but their future is doubtful.

DURABLE MEDICAL EQUIPMENT - We have available on a free loan basis medical equipment consisting of walkers, commodes, shower chairs, transfer benches, wheelchairs, travel wheelchairs (lightweight) canes, and unopened undergarments. Wheelchairs in good condition are always needed. For safety purposes, all equipment must be in good condition. While we do appreciate donations of durable medical equipment, all donated items must be clean and in good condition. Please call the Center before bringing your donations to the Senior Center.

At the dining table "Hey, Mom, this stuffing is great! How'd you get the turkey to swallow it?"

JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CENTER CLOSED NEW YEAR'S HOLIDAY	3 9:30 EXERCISE 10:45 KNITTING 1:00 TABLE TENNIS 1:00 CARDS 1 - 3 SHINE COUNSELOR	4 9:00 WII BOWLING 10:00 EXERCISE 1:00 ASK-A-VETS' AGENT 1:00 CARDS	5 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 6:30 WOOD CARVING	6 10:00 BEGINNER LINE DANCING 12:45 MAH JONG 12:45 BINGO
9 SOCIABLES DANCE 1:00 CARDS 1:00 INT. COMPUTER CLASS 2:00 INT. COMPUTER CLASS - 2 (Classes resume in April)	10 8:00 BREAKFAST 9:30 EXERCISE 10:45 KNITTING 12:30 ASK-A-COIN-EXPERT 1:00 COA MEETING 1:00 TABLE TENNIS 1:00 CARDS 1 - 3 SHINE COUNSELOR	11 9:00 WII BOWLING 9:30 MANICURIST 10:00 EXERCISE 12:00 LUNCH BUNCH 1:00 CARDS	12 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 1:00 MESSAGE THERAPIST 1:30 PAINTING (1 of 6) 6:30 WOOD CARVING	13 10:00 BEGINNER LINE DANCING 12:45 MAH JONG 12:45 BINGO
16 CENTER CLOSED MLK JR. HOLIDAY 	17 8:00 BREAKFAST 9:30 EXERCISE 10:45 KNITTING 1:00 TABLE TENNIS 1:00 CARDS 1 - 3 SHINE COUNSELOR	18 9:00 WII BOWLING 10:00 EXERCISE 12:00 DEAN'S LUNCH - "Safety Awareness" 1:00 CARDS 1:00 ADV. BEGIN. COMPUTER (1/8)	19 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 1:00 CIRCUIT BREAKER 1:30 PAINTING (2 of 6) 6:30 WOOD CARVING	20 10:00 BEGINNER LINE DANCING 12:45 MAH JONG 12:45 BINGO
23 1:00 CARDS 1:00 LINE DANCING	24 8:00 BREAKFAST 9:30 EXERCISE 10:45 KNITTING 1:00 TABLE TENNIS 1:00 CARDS 1 - 3 SHINE COUNSELOR	25 9:00 WII BOWLING 10:00 EXERCISE 10:00 COFFEE & CONVERSATION 11:30 CHICKIE FLYNN'S 1:00 CARDS 1:00 ADV. BEGIN. COMPUTER (2/8)	26  9:30 EXERCISE 10:00 SING-A-LONG 12:00 PIZZA PARTY 1:00 CARDS 1:30 PAINTING (3 of 6) 6:30 WOOD CARVING	27 10:00 BEGINNER LINE DANCING 12:45 MAH JONG 12:45 BINGO
30 10:00 ASK-A-NURSE 1:00 CARDS 1:00 LINE DANCING	31 8:00 BREAKFAST 9:30 EXERCISE 10:45 KNITTING 1:00 TABLE TENNIS 1:00 CARDS 1:00 MOVIE 1 - 3 SHINE COUNSELOR 2:00 - 7:00 BLOOD DRIVE		HAPPY NEW YEAR!	

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FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 WII BOWLING 10:00 EXERCISE 1:00 CARDS 1:00 ADV BEGIN COMPUTER (3/8)	2 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 1:30 PAINTING (4 of 6) 6:30 WOOD CARVING	3 12:45 MAH JONG 12:45 BINGO
6 8:00 FOOT DOCTOR 1:00 CARDS 1:00 LINE DANCING	7 8:00 BREAKFAST 9:30 EXERCISE 10:00 COA MEETING 10:45 KNITTING 1:00 TABLE TENNIS 1:00 CARDS 1-3 SHINE COUNSELOR	8 9:00 WII BOWLING 9:30 MANICURIST 10:00 EXERCISE 11:30 LUNCH BUNCH 1:00 CARDS 1:00 ADV BEGIN COMPUTER (4/8)	9 9:30 EXERCISE 10:00 SING-A-LONG 1:00 MESSAGE THERAPIST 1:30 PAINTING (5 of 6) 6:30 WOOD CARVING	10 10:00 BEGIN LINE DANCING 12:45 MAH JONG 12:45 BINGO
13 SOCIABLES DANCE	14 8:00 BREAKFAST 9:30 EXERCISE 10:45 KNITTING 12:30 ASK-A-COIN-EXPERT 1:00 TABLE TENNIS 1:00 CARDS	15 9:00 WII BOWLING 10:00 EXERCISE 12:00 DEAN'S LUNCH 1:00 CARDS 1:00 ADV BEGIN COMPUTER (5/8)	16 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 1:00 TRIAD MTG/MOVIE 1:30 PAINTING (6 of 6) 6:30 WOOD CARVING	17 10:00 BEGIN LINE DANCING 12:45 MAH JONG 12:45 BINGO
20 CENTER CLOSED PRESIDENTS' DAY 	21 8:00 BREAKFAST 9:30 EXERCISE 10:45 KNITTING 1:00 TABLE TENNIS 1:00 CARDS 1:00 MOVIE 1-3 SHINE COUNSELOR	22 9:00 WII BOWLING 10:00 EXERCISE 1:00 CARDS 1:00 ADV BEGIN COMPUTER (6/8)	23 9:30 EXERCISE 10:00 SING-A-LONG 1:00 CARDS 6:30 WOOD CARVING	24 10:00 BEGIN LINE DANCING 12:45 MAH JONG 12:45 BINGO
27 10:00 ASK-A-NURSE 1:00 CARDS 1:00 LINE DANCING	28 8:00 BREAKFAST 9:30 EXERCISE 10:45 KNITTING 1:00 TABLE TENNIS 1:00 CARDS 1:00 MOVIE 1-3 SHINE COUNSELOR	29 9:00 WII BOWLING 10:00 EXERCISE 11:30 CHICKIE FLYNN'S 1:00 CARDS 1:00 ADV BEGIN COMPUTER (7/8)		

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TRIAD MEETING - will be held on Thursday, Feb. 16th at 1:pm. A video will be shown titled "At Our Age with Tom Bosley" of Happy Days fame. The DVD narrated by Tom Bosley, encourages senior citizens to implement fire prevention practices in their homes and to make lifestyle changes to prevent injuries and falls. Booklets on fire prevention and an Exercise Activity book will be given to each attendee.

If you can't be kind, at least have the courtesy to be vague.

CIRCUIT BREAKER INFO -On Thurs. Jan 19th from 1:pm to 1:30pm, State Senator Richard Ross and a representative from the Massachusetts Dept of Revenue will be at the Senior Center to discuss the Circuit Breaker credit for seniors. Many seniors have qualified for refunds and you too may have a chance to qualify also. It is not necessary to file income tax to be eligible for the Circuit Breaker. Our regular tax return season will begin the first week of February. Call the Center to make an appointment.

Did you ever notice that when you put the words "the" and "IRS" together, it spells "Theirs"?

BEN'S WATERCOLOR CLASS - will restart on Thursday, January 12 from 1:30 to 3:30pm in the lower level of the Senior Center. Classes will run for six weeks at a cost of \$36.00 payable at time of sign up. All paints and equipment supplied by Ben Macomber.

Computer class restarts are as follows:

1. Advanced beginners will start on Wed. January 18 @ 1:pm with instructor, Richard Campbell and run for eight weeks.
2. Intermediate classes will restart on April 2nd with Instructors Pat Ferney and Barbara Alberto. Classes will end on June 11th. Sign up is required for both classes, 1:pm and 2:pm.
3. Beginners Class will begin on Monday, April 9th @ 9:am with Gil Sandberg.

On another note, Gil Sandberg, our instructor wants to retire. Do you know of anyone who would like to teach a beginners computer class? It is not necessary to have a wide range of experience, just so that the basics can be taught. Times and dates would be up to the instructor. Please give us a call and ask for Sue. We would really appreciate any help that someone could give us. Knowing how to use a computer is like having a friend for life. The knowledge that you can access, the games you can play, the communication you can have with family and friends.....the possibilities are endless and all there just for the taking! It is not necessary to teach any further than the basics. We have Advanced Beginner and Intermediate classes following the Beginners class. Please think about it and give us a call. Thank you.

When one finds himself in a hole of his own making, it is a good time to examine the quality of workmanship.

Can I still change my Medicare Plan?

The 2011 Medicare Open Enrollment period ended on December 7, but there are still *a few changes you can make, if you qualify.* for those with a **Medicare Advantage Plan**:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. Your Original Medicare coverage will begin the first day of the following month. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap plan) at this time.

For those with a **Tufts Medicare Prescription Drug Plan (drug coverage only) in 2011**:

If you did not select a different Medicare drug plan for 2012, then you are currently without drug coverage. You have until the end of February to enroll in a new Part D drug plan for 2012, which will begin the first of the month after your enrollment.

If you are a member of **Prescription Advantage** (the State Pharmacy Assistance Program), you can switch to a different drug plan one other time during the year. Those with **Extra Help** from Medicare (also called **LIS** – **Low Income Subsidy**) can change every month. The new coverage is effective the first of the month following the change.

You can make an appointment with Pat or Sherry, our SHINE (**S**erving **H**ealth **I**nformation **N**eeds of **E**lders) Counselors if you need to make a change, or to see if you qualify for programs. This service is free and confidential.

It's been said that if you can smile when things go wrong, you have someone in mind to blame.

WINTER SAFETY - Here are some timely reminders:1) Inspect space heater cords before using. 2) make sure that furnaces are venting property and install at least one carbon monoxide detector in your home. 3) Keep a winter emergency kit (blanket, flashlight, water, snack bars, road salt, emergency flares and shovel) in your car. 4) Shovel safely, do not overexert, do a little at a time. In case of a power outage, make sure you have plenty of water, flashlights, lantern, prepackaged food items and warm clothing and blankets.

"The trouble with dark horse candidates is you can't find out about their track records until you're saddled with them."


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MISSION STATEMENT

- To provide outstanding services to seniors, treating people with kindness, respect, and dignity.
- To serve as advocates and to enhance the lives of seniors in our community.
- To provide a gathering place for older adults in an atmosphere that promotes and utilizes life experiences and skills.
- To provide participants opportunities and resources in the area of physical and mental health, nutrition, recreation, and education.

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Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.

Winners of the door prizes at our Christmas Party at the Tavern held on Friday, Dec. 9th were as follows:

Vi Grzenda Poinsettia ~ Don Branagan Wine ~ Carolyn Flanagan Poinsettia ~ Margie Rodrigues Poinsettia ~ Nubar Gulleserian Poinsettia ~ Jane Gilmore & Lena Watters Carbon Monoxide Detectors ~ Dottie Doe Box of chocolates ~ Bob Vandal Poinsettia ~ Phyllis Peck Poinsettia ~ Sandy Germano Box of chocolates ~ Kay Noel Wine ~ Claire Ares Box of chocolates.

SNOW SHOVELING - We are starting a list of names of people to shovel driveways and walkways. We have received one name and are hoping for more. If you know of anyone or if you wish to offer your services, at a reasonable rate, please give us a call.

~ ~ ~ ~ ~

This is the season of the year when we each have an opportunity to reflect back over the year and draw upon significant people, places and events that have impacted our lives. Each of us may have experienced some difficult times over the course of the year. Times when we have struggled, hoping for the time to pass quickly or asking ourselves the biggest question, why?...So if new things happened to you this past year or you looked at things in a different light, know that sometimes the most powerful teacher we have is ourselves. Look forward to "2012" and if you have any cares or concerns remember us at the Council on Aging and give us a call. We can help with some of the most unusual requests you might have; it is what we do best, because we enjoy making life just a little bit easier for all of you.

Sue, Sherry and Sandy ~ Council on Aging