

The Senior Profile



Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717-1008
Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM
Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: COA@freetownma.gov

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By a grant from the Massachusetts Executive Office of Elder Affairs

The Council on Aging's purpose is to help and serve seniors. There is no membership.
Everyone is invited to participate in all activities at the senior center. Come by and enjoy!

Brown Bag" Program

Wednesday, August 22nd

From 10:30 AM to 12:00 PM

At the front of the building

"**Brown Bag**" distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older. Recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance and Food Stamps, OR your gross household income is at or below the guidelines listed.

1 person	\$1,860 per month
2 people	\$2,504 per month
3 people	\$3,149 per month
4 people	\$3,793 per month

For questions call 508-763-9557.

We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.

New Class!

Strength With Dyna-Bands

Fridays, 9:15 AM to 9:45 AM

30 minute class, \$3.00 Donation requested

Get strong with certified group Fitness Instructor, Ellie Higgins. Work all muscles-upper and lower body-using Dyna-Bands. Ellie will provide the bands. Includes Balance and body weight exercise. Some seated some standing, for weight bearing-important for bone strength.

Seated Massage

Mondays, 9:30 AM at the COA, please call the COA for an appointment. \$5.00 donation requested for 15 minutes.

Freetown Senior Birthday Party Cookout

On Thursday, August 9th, at 12:00 PM, we will be having our Cookout/Birthday Party for seniors of Freetown. Stop & Shop associates will be here to cook for the seniors of Freetown. RSVP by Thursday, August 2nd

Cyd's Lunch: Tuesdays at 11:30 AM

August 28th, Meat Pie

RSVP and \$7.00 due by August 21st

RMV Workshop

The Registry of Motor Vehicles offers free workshops on issues facing older drivers, their families and their caregivers. Michele Ellicks – Community Outreach will be here on Tuesday, August 21 @ 10:30. The Workshop is "Real ID-Information on the new Federal and State requirements concerning driver's license and ID card renewals."

Spaghetti Dinner

Sponsored by Freetown VFW Post 6643 and "The Friends of the VFW", this is an all you can eat pasta meal on Thursday, August 16th, from 5:00 PM to 7:00 PM. \$7.00 PP, 70+ \$5.00 PP, 90+ free. We have raffles and door prizes. We are serving the community.

Submitted By Bruce Wilbur



Tea Time!

It's tea time! Join us for a tea party social. Light refreshments will be served. Bring a friend, or, maybe, make some new ones. Bring your favorite tea cup; we will have some here also! Thursday, August 30th at 11:00 AM, Please RSVP by August 23rd

Parkinson's Support Group

Our next meeting will be held on Thursday, August 9th, at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 508-997-0907 for reservations and any questions. Please join us!

SHINE Counselor

Serving the Health Insurance Needs of Everyone
Our SHINE Volunteer, Dick Kelley, will be here Mondays, August 13th and 27th, at 12:30 PM. Please call the COA for an appointment

Senator and Representatives

Representative Paul Schmid will be here Monday, August 6th, from 10:30 AM to 11:30 AM
Senator Michael Rodrigues will be here Wednesday, August 22nd, from 9:30 AM to 11:30 AM
Representative Carole Fiola will be here Monday, September 10th, from 10:00 AM to 11:00 AM

Pool Table

Mondays, 9:00 AM

Knitting and Crocheting Club

Mondays, 10:00 AM to 12:00 PM,
Bring your own supplies. Please call the Senior Center if you would like to attend.

Ice Cream Social

Mondays, 1:00 PM

Come on in and have a cool and refreshing ice cream sundae. Choose your own toppings!

Card Games-Pitch

Mondays, 1:00 PM to 3:00 PM

BINGO

Tuesdays, 12:45 PM to 3:00 PM, The license for bingo requires that you be at least 60 years old to play

GOLDSILVER**PLATINUM**

Marc Folco will hold a **gold buying event** at the Freetown Senior Center on Thursday, August 9th, from 11:00 AM to 1:00 PM. **anyone can attend!** A portion of the proceeds will be donated to the senior center. Please call the COA for further information.

Painting Class

See you in September

Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW
Lessons \$2.00 per person, all ages are welcome.

Meat Bingo Game

Wednesday, August 15th, at 12:30 PM. Cost is 2 cards for \$5.00. **You must call and pay your \$5.00 required donation to reserve a seat by Friday, 10th**, win a Bingo; you can go and choose a tray of meat. The meat packages will consist of smaller portions perfect for one or two people.

Blood Pressure

Wednesday, August 22nd, 10:30 AM

Scrabble

Thursdays, 12:30 PM

The Freetown Senior Club

See you in September

Yoga

Fridays, 10:00 AM, using a mat
Your first class is free. Classes are a \$5.00 suggested donation. Come on in and try our classes.

Kanakis Produce

Discount on Fruit and Vegetables
Fridays, 10:30 AM

Podiatrist

The Foot Doctor will be here Thursday, August 16th, at 9:30 AM and Thursday, September 20th, at 10:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**

Veterans Agent

Bob Klevecka is our Veterans Agent. If you need his services, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM

VAN SCHEDULING

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48 hour notice for the van.

In order to be more efficient with the van when you call in, please have the exact **name, address and phone number** of your destination and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

Country Travelers Trips in 2018

August 14, 2018-Tuesday-Aqua Turf, Plantsville, CT, Lunch and show, \$70.00

September 18-20, 2018-Indian Head, Lincoln, NJ \$375.00 dbl.-includes 2 nights lodging, 2 dinners, 2 breakfasts, beer/wine cheese reception, lobster fest luncheon, Kellerhaus, M/S Mt. Washington Cruise (lunch), nightly entertainment.

October 13, 2018-New York City Day Trip, \$49.00 PP
October 16, 2018-Harts Turkey Farm lunch followed by Farm/Orchard visit, Meredith, NH, \$60.00 PP

November 12-14, 2018-Turning Stone Resort and Casino, Verona, NY \$245.00 dbl. \$359 sgl. \$240 triple. ALL above trips leave from the backside of Hampton Inn (Next door to White's Restaurant) **far side near tennis courts**. If enough people register from this area, they will make the Senior Center a pick up destination. Any info please call Veronica Beaulieu at 508-636-4889.

Submitted by Judy Emond

FREETOWN COUNCIL ON AGING
227 CHACE ROAD
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Lakeville Arts and Crafts Trips

Here are some trips from the Lakeville COA. If you need further information please call the Freetown COA-we have flyers-or Lori at Lakeville COA-508-947-7224.

August 23, 2018, Thursday, Lobster Bake & Cape Ann/Gloucester Visit-\$94.00 PP

September 26-28, 2018, Wednesday-Friday, 3 Days/2 Nights Penn. Dutch & Amish-\$469.00 PP/Double

October 12, 2018, Friday, Sweets, Treats & Foliage in New Hampshire-\$84.00 PP



Directors Note

We would like to thank Stop & Shop for all they do for us. We would also like to thank the Brown Bag volunteers.

East Freetown Grange
Farmers & Artisans Market

From 9:00 AM to 12:00 PM

At the Grange Hall, 26 Washburn Road, East Freetown
August 5th & 19th, September 2nd & 16th
Come meet your community's farmers, homesteaders and artisans!

Featuring:

The Ashley Homestead, For the Craft of It, The Crooked Cottage and KDB Farm Burnt Creations
For more information or request a vendor space, please contact freetowngrange307@gmail.com

Facebook: East Freetown Grange #307