

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

The distribution of this newsletter is made possible (in whole or part)

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!

Music with Jordan Paiva!!!

Experience the beauty of music through Jordan Paiva, New England on Josh Groban! Enjoy classical music from artists like Frank Sinatra, Josh Groban, Andrea Bocelli, Michael Bublé, and more! Since he was a little boy, Jordan has always believed in keeping the beauty of timeless music alive, and to keep living for generations to come! He has performed with Josh Groban himself, as well as David Foster and Katherine McPhee! When you attend a concert put on by Jordan, your heart will be touched forever! Do not miss this experience and get ready to enjoy the beauty of music with some laughs as well! **Thursday, November 2 at 1:00. Please RSVP by 11/1/23.**

Matt York

Longtime New England musician Matt York, who has performed here doing the songs of The Highwaymen and Johnny Cash, will be performing "Songs and Stories - Holiday Songs". The songs will run the gamut from songs that have been around for hundreds of years to more modern Christmas and holiday classics. People are encouraged to sing along if they'd like. The concert is both an hour of stories about the origins of these songs and also performances of them. **November 29th at 1:00. Please RSVP by 11/27/23.**

Breakfast at Freetown Lakeville Middle School

The Freetown-Lakeville Regional School District would like to invite you to Join us for: Scrambled Eggs, Pancakes, Hash Browns, Bacon, Coffee, Tea and Juice. **Thursday, December 7th at 8:30 AM.** Located at 96 Howland Road Lakeville, MA.

Please call the COA before Wednesday, November 28th if you wish to attend.

Holiday Market

E Freetown Grange, 26 Washburn Rd E Freetown, MA is holding a HOLIDAY MARKET on Sunday, November 12 from 9AM-1 PM. Over 15 local vendors, raffle, baked goods.

Lunch, Presentation and BINGO!

Join us for lunch and "Disaster Preparedness" presentation with our Town Nurse Lori and stay for BINGO! **Tuesday, November 28.** We will be serving lunch at 12:00 and BINGO will start at 1:00. **Please RSVP by Friday, 24th.**

Dinner on Thanksgiving Day

Congregational Church of Berkley and Myricks United Methodist Church are offering a meal to be delivered to your home on Thanksgiving Day, November 23rd. The meal is Turkey with all the fixings. We will give them your name, address and phone number in order for you to receive the meal. You must be home at the time of delivery. Please call the COA by **November 17th** to reserve your meal.

Apponequet Mighty Mites!

Come join us on Tuesday, November 7th, 2023 at 11:15am to support the Apponequet Junior Football and Cheer League's Mighty Mites Cheer Squad! This group of 5,6, and 7- year olds will be practicing some of their cheers here at the COA. Let's give them a crowd for their performance!

Chicken & Rib Dinner

Veterans of Foreign Wars
FREETOWN MEMORIAL POST 6643
89 MIDDLEBORO ROAD
EAST FREETOWN, MASSACHUSETTS 02717
CHICKEN AND RIBS
Meal provided by: Tazz's BBQ and Pig Roast
Sunday, November 12, 2023
Serving at 1:00 PM
Donation: \$25.00 per person
TICKETS ARE LIMITED
Call 508-763-2292 to purchase tickets
or email to: vfw6643@comcast.net



Sippican Choral Society Holiday Concert

Gloria

Join us as we bring the brass to Wickenden Chapel, Tabor Academy, for our annual Holiday Concert on Saturday, December 9 at 7:00 p.m., featuring the majesty of John Rutter's musical setting of the "Gloria" with full brass orchestra. Come marvel at the ethereal beauty of Felix Mendelssohn's "Behold a Star from Jacob Shining" and Howard Helvey's "O Lux Beatissima." Sing along to "Joy to the World" and sway to the rhythm of Mack Wilberg's West Indian carol "The Virgin Mary Had a Baby Boy." Tickets are \$20.00 general admission, \$10.00 for students, and free for children 14 and under. Tickets can be purchased online at sippicanchoralsociety.org, or from Choral Society members, at Marion General Store, the Symphony Music Shop, and at the door with cash or check. This program is supported in part by the Freetown Cultural Council, a local agency supported by the Massachusetts Cultural Council.

COA Board Meetings

The Council on Aging Board meetings are held the 2nd Thursday of the month at 1:00 PM. Date and time subject to change.

Newsletter Deadline:

Please note: the deadline for the December Newsletter is **November 13th**. Anything received after this date will not appear in that Newsletter.

Senator and Representatives

Representative Paul Schmid will be here Monday 11/6 at 10:00 AM (Office phone 617-722-2210)
Senator Michael Rodrigues will be here Wednesday 11/22, at 9:30 AM (Office phone-508-646-0650)
Representative Carole Fiola will be here Wednesday 11/22, at 9:00 AM. (Office phone 617-722-2430)

SHINE

Serving the Health Insurance Needs of Everyone

The SHINE Counselor will be available on several dates in November. Please call the Senior Center to book an appointment.

Podiatrist

Dr. Markowitz, will be here in November 30th. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**.

VETERAN'S AGENT

Bob Klevecka is our Veteran's Agent, if you need his services, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM

Coffee & Pastries with Town Administrator Deb Petty and Selectmen Lopes

Please join Town Administrator Deb Petty and Selectmen Lopes for coffee and muffins on **Tuesday, November 21st at 8:30** at the COA. Town Administrator Deb Petty and Selectmen Lopes will be available to answer all your questions and are very interested on what the Freetown Senior population would like to have available to them for services, activities and whatever else you wish to speak with them about. **Please RSVP by 11/16/23**

Weekly Events:

Drums Alive! Mondays at 11:00 **Please sign up monthly. Classes are free for Freetown Seniors and are being funded by a grant. Please see calendar for schedule.**

Pitch Club: Mondays at 1:00

Chair Yoga/Aerobics/Movement Class

Tuesdays and Thursdays at 10:00 AM. **Please sign up monthly. Classes are free for Freetown Seniors and are being funded by a grant. Please see calendar for schedule.**

BINGO! Tuesdays at 1:00

Line Dancing: Wednesdays at **The VFW:**

Absolute Beginners: 9:00AM – 9:30

Line Dancing: 9:30 AM TO 11:30 AM. Suggested donation: \$3.00 per person

Art Class Wednesday's, 9:00 AM to 11:30 AM

Book Club At the **Police Station Community Room** on the 3rd Wednesday of each month at 11:00 AM.

Mobile Market

A Mobile Market is a free distribution of healthy Groceries to reach neighbors in need in under-served communities. GBFB distributes high-quality, nutritious food through Mobile Markets hosted by partners. These free markets serve low-income populations including, seniors, veterans, community health center patients, and students. Beginning on October 1, 2022, applications will no longer be required. There is **no income or age restrictions to participate, and no paper application will be necessary.** We will need your name, address, phone number and date of birth. **Pick up at the front of the COA 9 AM to 10 AM on November 22nd.**

Calvary Pentecostal Church Farmer's Market

On Thursdays in November the Calvary Pentecostal Church, 33 Braley Rd. E. Freetown, will offer a free Farmer's Market. **Starting at 12:00.**

Free Hot Thanksgiving Drive thru dinner. Friday November 17th at 12:00.

Submitted by Calvary Pentecostal Church

Grab & Go Lunch

Bristol Elder Services is providing a Grab & Go Lunch Program on **Monday, Tuesday, Wednesday and Thursday**. **There is a short form that must be completed and approved prior to ordering a meal.** Please come by and pick up a menu and let us know which days you would like to pick up a meal. **Pick up time is 11:30 AM to 12:00 PM. You must call two days in advance to reserve a meal.** Please call the COA if you need more information.

LOAN CLOSET

We have a medical shed loan closet if you need any equipment. We just ask that you return them for the next person when you no longer need them. Canes, crutches, walkers, incontinence products etc. Please call us for availability. We also accept donations of above equipment.

Freetown Food Pantry

The Food Pantry is open on Mondays 10:00 AM to 12:00 PM for Freetown/Assonet residents only.

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. The van is available for Doctor Appointments, Shopping and other needs.

Wheelchair/Transport Chairs will need to have an escort. We will need the name of your escort when you book 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.

Civic Ready (Freetown Flash)

For the latest Town news, alerts or emergencies, and other pertinent information for the Town of Freetown enroll in the Freetown Flash. It's free and you can choose to be notified by phone, email or text message. Don't miss out details at www.freetownma.gov need help signing up reach out to the Town Administration Office at 508-644-2201 or stop by our Town Hall, 2nd floor office.

Healey-Driscoll Administration Signs Historic Tax Relief for Massachusetts Residents

Boston MA, October 10, 2023 - The House overwhelmingly approved a tax relief package that would make the cost of living more affordable across the Commonwealth. The House passed the bill on Sept. 27, 2023 and the Senate followed suit on the same bill on September 28, 2023. Governor Maura Healey has signed the legislation which now sends relief to residents across the state. Healey has been advocating for a broad tax relief package since taking office in January. Many members of the State Legislature have lauded the changes and are proud to support their local communities.

"The upgrades to this essential senior savings program have more than met the challenges presented by inflation and increases in the cost of living. By doubling the "senior circuit breaker" property tax credit from \$1,200 to \$2,400 per year, we provide real benefits that delivers money back in the pockets of our senior homeowners," said **Senator Michael J. Rodrigues (D-Westport)**, Chair of the Senate Committee on Ways and Means.

Alongside Senator Rodrigues, members of the Massachusetts House of Representatives weighed in on how the legislation will impact their constituents.

"The senior circuit breaker has been one of the best tools we have for helping seniors. And now we have made it better. It will be a great benefit for those who rely on tax breaks like this" said **Representative Paul Schmid (D-Westport)**

"We are proud to pass this important upgrade to the Senior Circuit breaker tax deduction to provide more financial supports for our seniors" said

Representative Carole Fiola (D-Fall River)

Provisions that would affect municipalities include property tax relief and housing incentives. The bill would:

- Increase the maximum annual property tax deduction for seniors who provide volunteer services to a municipality from \$1,500 to \$2,000
- Increase the maximum available "senior circuit breaker" property tax credit from \$1,200 per year to \$2,400 per year, prior to adjusting for inflation
- Create a local-option property tax exemption for residential properties that are rented to households earning no more than 200% of area median income, and allow municipalities to determine the amount of the exemption and adopt ordinances and bylaws implementing these provisions

The Office of the Town Clerk & Elections Department is seeking registered voters interested in serving as Election Workers as we prepare for the upcoming 2024 elections. Please submit your letter of interest to the Town Clerk Cheryl C.A. Estrella via email elections@freetownma.gov

FREETOWN COUNCIL ON AGING
227 CHACE ROAD
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Jacqueline Garell, Senior Clerk, Editor
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Brenda Motta-Vice Chair Person
Bruce W. Wilbur-Treasurer
Ruth A. Ferland - Secretary
Marion E. Rylands
Evelyn M. Alves
Alfred Barros

Van Drivers:

Judy A. Reese
John E. Pye, Jr.
Arthur Poirier

A note from The Council on Aging

Thanksgiving is all about gratitude and this month, as always, we are grateful for you! We love what we do and could not do it without you. Wishing you good health, friendship and beautiful memories with those you love.

The COA Team (Rebecca, Andrea, Jackie, Judy, John & Arthur)

**If you wish to receive your Senior
Profile by E-mail, please send us your
Name and e-mail address to
Freetowncoa@comcast.net.**

