




Freetown-October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1 9:00 Drums Alive 12:45 Bingo</p> <p>Homemade Cookies Day</p>	<p>2 9:00 Painting 9:30 Line Dancing NO ACTIVITIES DOWNSTAIRS</p>	<p>3 SENIOR CLUB 10:00 SHINE 12:30 Scrabble Birthday Deadline NO ACTIVITIES DOWNSTAIRS</p>	<p>4 10:30 Kanakis 10:30 Closed NO ACTIVITIES DOWNSTAIRS</p>	
<p>7 9:00 Pool 10:00 Knitting 10:00 Muffins 10:00 SHINE 10:00 Rep. Fiola 10:30 Rep. Schmid 1:00 Pitch</p>	<p>8 9:00 Drums Alive 12:45 Bingo Cyd's Lunch Deadline</p>	<p>9 9:00 Painting 9:30 Line Dancing FES Breakfast Deadline Diabetes Seminar Deadline NO ACTIVITIES DOWNSTAIRS</p>	<p>10 9:00 Drums Alive 12:00 Birthday Lunch 12:30 Scrabble</p>	<p>11 BUILDING CLOSED Meat Bingo Deadline</p> <p>World Egg Day</p> 
<p>14 Closed</p> 	<p>15 9:00 Drums Alive 11:00 Gold Buying Event 11:30 Cyd's Lunch 12:45 Bingo SHINE Seminar Deadline</p>	<p>16 8:00 FES Breakfast 9:00 Painting 9:30 Line Dancing 12:00 Diabetes Seminar 12:30 Meat Bingo</p>	<p>17 9:00 Drums Alive 10:00 Podiatrist 12:30 Scrabble 1:00 Pitch</p>	<p>18 9:30 Strength & Stretch 10:30 Kanakis 10:30 Closed</p>
<p>21 9:00 Pool 10:00 Knitting 10:00 Muffins 10:00 Census Rep. 10:30 SHINE Seminar 1:00 Pitch Next Monitoring Seminar Deadline</p>	<p>22 9:00 Drums Alive 12:45 Bingo Cyd's Lunch Deadline</p>  <p>National Nut Day</p>	<p>23 9:00 Painting 9:30 Line Dancing 9:30 Sen. Rodrigues 10:30 Rep. Schmid 10:30 Brown Bag 10:30 Blood Pressure 3:30 Closed</p>	<p>24 9:00 Drums Alive 12:30 Scrabble</p>	<p>25 9:30 Strength & Stretch 10:30 Kanakis 10:30 Closed</p>
<p>28 9:00 Pool 10:00 Knitting 10:00 Muffins 10:30 Next Monitoring Seminar 1:00 Pitch 7:00 Special Town Meeting</p>  <p>1886-Statue of Liberty dedicated</p>	<p>29 9:00 Drums Alive 11:30 Cyd's Lunch 12:45 Bingo Cyd's Lunch Deadline</p> 	<p>30 9:00 Painting 9:30 Line Dancing</p>	<p>31 9:00 Drums Alive 12:30 Scrabble</p>  <p>Happy Halloween!</p>	

Flu/Wellness Clinic

The Freetown Board of Health and Stop & Shop Pharmacy is sponsoring a Flu/Wellness Clinic for all Freetown residents 9 years of age and older

Saturday, October 5th from 11am to 1pm

Pre-registration recommended

To register please contact:

Board of Health 508-644-2202, Ext. #3

Pre-registration is required for Tdap and Shingles

Walk-ins welcome

Also available: Pneumonia shots, Tdap (tetanus), Blood Pressure, Info on Mosquitos, Ticks, and File of Life

Please bring your Health Insurance Card

The Golden Years – Living Your Best Life

Monday, October 28th at 10:30 AM, RSVP: Monday, October 21st

Freetown Council on Aging

As many of us get older, we feel like science and technology are changing too rapidly for us to keep up. This can sometimes make us feel like a burden to our family, as we're not "in the loop". Ray & Rhonda are here to help!!

This seminar is jam packed with tools and solutions to ensure optimal health, safety, and independence, for those in their prime golden years. Some of the tools you'll see include Next Monitoring's in-home Safety System, GPS-On The Go System, and the most proactive solution on the market today, "EverThere".

Ray will demonstrate why the panic button we remember from the 80's isn't even comparable to what we have today. We all laughed at the "I've Fallen & Can't Get Up" commercials. It was a great ad, for a product in its infancy. Today we have fully integrated systems, equipped with fall detection sensors and GPS navigation that run off 3GLTE bandwidth. It sounds very high tech and complicated, but these systems are even easier than the push of a button, and come standard with many devices. Ray is very excited to demonstrate how amazing the "EverThere" platform is, for overall health & safety. This 'cloud' based technology enables effective care & team communication through health & safety data, linking seniors with their family, caregivers, & medical professionals for encouragement, support, & accountability.

All attendees will be entered into a drawing with door prizes.

HELP when you need it most – for ANY type of emergency

Submitted by Shannon Olson, Office Manager, NEXT Monitoring Inc.

Fuel Assistance

Please call the COA when you receive your application to make an appointment.

Family Size: 1 Pers. 2 Pers. 3 Pers. 4 Pers.

UP TO: \$37,360 \$48,855 \$60,351 \$71,846

There are forms and paperwork you must collect to fill out the Fuel Assistance form.

Diabetes Seminar

On Wednesday October 16th at 12:00 PM, Printa Jose will be here to talk to seniors about Diabetes. Please RSVP by Wednesday, October 9th. Come in and ask her any questions you may have about diabetes.