

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!

Note from the Director, Rebecca:

Onto month 6 as the COA Director and I can't believe how much we have all accomplished together. Between updates in our center, ongoing programs and special events, it's been overwhelming to say the least. I remain in awe of my team, the best volunteers and a caring COA Board. Can't wait to see what we can accomplish in the next 6 months! If you are new to reading our newsletter, take a look at our updated "What is the Council on Aging?" section on our Freetown Town website. It will give you a better idea of our services and events. Or better yet, give us a call at 508-763-9557 and say hello. We can always provide information by phone. I am more than ready to welcome in the Fall Season. Hope to see you around the center!

Music with Lady D!!!

Lady D will entertain you by singing Jazz, Do Wop, Motown, Dico, R&B, Pop and Gospel music. She will be here at the Council on Aging **Wednesday, October 4 at 1:00. Please RSVP.**

Veteran's Coffee & Muffins Hour

Shout out to all our Veterans!!!! Please join our Veteran's Agent Bob Klevecka for some freshly brewed coffee, fresh baked muffins and great conversations! **Thursday, October 12th at 10:00. Please RSVP to the COA by October 10th. Thank you!**

Creativity with Color

Looking to have a fun time with family, friends or meet new people! Come create your own masterpiece with Kristen as you learn how to paint with step by step instructions. Everything you need to paint will be included. **\$5.00 per person. Tuesday October 18, at 9:00. Please contact the COA if you would like to attend, space is limited.**

Karaoke & Pizza

Join us for another fun afternoon of Karaoke with Rick Arruda and pizza and friends! Thursday, **October 19th at 12:30. Please RSVP October 17th.**

Lunch and BINGO!

Join us for lunch and stay for BINGO! **Tuesday, October 31st.** We will be serving lunch at 12:00 and BINGO will start at 1:00. **Please RSVP by Friday, October 29th.** Feel free to dress in costume!

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 November Newsletter is **October 12, 2023.** Anything received after this date will not appear in that Newsletter.

SHINE

Serving the Health Insurance Needs of Everyone

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

Flu Clinic

The Freetown Board of Health is sponsoring a Flu Clinic for all Freetown residents 18 years of age and older on Tuesday, October 3rd, 9:00 AM to 12:00 PM at the Freetown Council on Aging. Pre-registration strongly recommended. To register please contact Board of Health 508-644-2202, Ext. #3 and forms will be available at the COA. Info on Mosquitos, Ticks and File of Life will also be available. Please bring your Health Insurance Card.

Submitted by Lori Desmarais

Stroke Prevention

The Freetown Public Health Nurse, Lori Desmarais will be providing information on stroke awareness and information to help reduce your risk. Every minute counts when a stroke happens. Do you know the Signs & Symptoms and when to call for help? At the COA **Tuesday, October 17th at 11:15 AM. Please RSVP by October 16th.**

Podiatrist

Dr. Markowitz, will be here in November. 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

Drums Alive!

Monday's at 11:00. Drums Alive is designed to improve physical and mental fitness and above all, be fun! **Please sign up monthly. Classes are free for Freetown Seniors and are being funded by a grant. Please see calendar for schedule.**

Pitch Club

The Freetown Pitch Club meets every week on Mondays at 1:00 at the COA. Pitch is also known as High Low Jack! New members are welcome! Contact Grace Rose at 508-644-2266 for more information.

Chair Yoga/Aerobics/Movement Class

Tuesday's at 10:00 AM and Thursday's at 8:45 AM **(Please note: Starting 10/12 the Thursday class will be at 10:00)** for our residents, with Certified Instructor Tara Didi. **Please sign up monthly. Classes are free for Freetown Seniors and are being funded by a grant. Please see calendar for schedule.**

BINGO!

Please join us for BINGO! Every Tuesday at 1:00 here at the Senior Center. Light snacks are provided during the break.

Line Dancing

Sponsored by the Freetown Council on Aging. Put on your dancing shoes and dance with us. **EVERY WEDNESDAY MORNING:**
Absolute Beginners: 9:00AM – 9:30
Line Dancing: 9:30 AM TO 11:30 AM.
Bring water for a 15-minute break. Suggested donation: \$3.00 per person
**LOCATION: Veterans of Foreign Wars
89 Middleboro Road
East Freetown, MA 02717**

The Council on Aging will be closed October 9th in observance of Columbus Day.

Art Class

Wednesdays, 9:00 AM to 11:30 AM, instructor Betty Ashley. This is a chance to work on or in class projects and get instruction on an as needed basis. Some group acrylic, water color and drawing demonstrations will be given. This class runs throughout the school year.

Book Club

Calling all Book Lovers! The Freetown Public Libraries and the Council on Aging have a monthly book club! Books will be provided by the library and will be available in Hardcover, Large Print and Audiobook Format. Meetings will be held at the **Police Station Community Room** on the 3rd Wednesday of each month at 11:00 AM.

Submitted by The Freetown Public Libraries

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 October 25th.**

Calvary Pentecostal Church Farmer's Market

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

Free Hot Drive thru dinner. Friday October 27th 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. Two short forms 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.

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.

Mass. Community Electricity Aggregation Program

Freetown Community Electricity Aggregation is an electricity supply program offered by the Town of Freetown to provide residents and businesses with new, Town-vetted options for electricity supply. Eversource continues to deliver your electricity, repair power outages, and maintain the electricity grid; they also send you one bill for the electricity you used. The Freetown CEA is the town's program to provide competitive choice for electricity to our residents and businesses. The Freetown CEA program is part of a 25-community electricity purchasing group, active since January 2016. The supplier for the Freetown Community Electricity Aggregation program is "Constellation New Energy (Freetown CEA)" There are three CEA electricity supply options.

Constellation cost per kilowatt hour:

1. Standard \$0.10470
2. 50% Green \$0.12244
3. 100% Green \$0.14019

Cost for Eversource \$0.25649

Constellation rates are in effect through December 2023. More information, and to sign up, is available on the Freetown Website under Community Electricity or call Town Hall at 508-644-2201 x1.

Senator and Representatives

Representative Paul Schmid will be here Monday 10/2 at 10:00 AM (Office phone 617-722-2210)

Senator Michael Rodrigues will be here Wednesday 10/25, at 9:30 AM (Office phone-508-646-0650)

Representative Carole Fiola will be here Wednesday 10/25, at 9:00 AM. (Office phone 617-722-2430)

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
EAST FREETOWN, MA 02717-1008
ADDRESS SERVICE REQUESTED

PRESORT STD.
US POSTAGE
PAID
PERMIT #PI 112
ROCHESTER, MA 02770

STAFF AND BOARD MEMBERS:

Rebecca Frias, Director
Andrea Lima, Senior Clerk, Editor
Jacqueline Garell, Senior Clerk, Editor

COA Board:

Robin L. Kendrick-Chair Person
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

The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press 1 if you need police

Press 2 if you need fire

Press 3 if you need an ambulance

If the 9-1-1 dispatcher asks questions:

Press 4 for YES

Press 5 for NO

Source: MA State 911 Department and the Executive office of Public Safety and Security

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