

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!

THANK YOU!

The **Girl Scouts of Freetown and Lakeville** provided a generous donation of their delicious cookies this past month. Our residents have been enjoying them at recent center activities.

The **United Church of Assonet** dropped off a huge donation of non-perishable goods. We will be able to support those in need and also supplement our lunch program with their help!

Our **AARP tax assistants Sister Joe and Mercedes** spent countless hours over the last few months assisting our residents. Their knowledge and presence is invaluable. Our **Volunteers**, as always, are so crucial to helping the center run smoothly. We are so appreciative of you.

Tuesdays Chef Luncheon!!!

Our chef, Deb Curran, has provided us with the May menu below. We are limited to 50 people on each date. **Sign-ups are required and begin on the 1st of each month or the next working day.** We are able to provide transportation for those who need it. There is a suggested \$2 donation for each meal to help continue the program past the grant period. ***Please let us know if you have any allergies when you call to sign up.***

May 7th – Apricot Chicken

May 14th - Mac & Cheese

May 21st - No Luncheon

May 28th – Pork Chops

Music with Joe Mac

Joe is a dynamic entertainer who performs over 150 shows a year, has a repertoire of over 200 songs and is among the most popular performers. Join us and listen, sing, dance and request some of the hit songs from the 50's to today. **Thursday, May 9th at 1:00. Please RSVP by May 7th.**

Spring Senior Breakfast

Senior Breakfast at Freetown- Lakeville Middle School! Friday, May 10th at 8:00 AM. Located at 96 Howland Road Lakeville, MA

Join us for:

Scrambled Eggs, Pancakes, Hash Brown, Bacon, Coffee, Tea and Juice

Please sign up by calling the Senior Center/COA by Wednesday, May 8th.

Greeting Card Making Class

On Wednesday, May 29th at 9:30 we will be holding a card making class here at the COA. All the materials will be provided. Space is limited. **Please RSVP by 5/24/24.**

Karaoke & Pizza

Join us for another fun afternoon of Karaoke with Rick Arruda and friends. Pizza will be served. **Thursday, May 30th at 12:00. RSVP Required by May 28th.**

Brain Builders

Brain Builders presented by Buzzards Bay Speech Therapy is a community based experience that enables attendees to enhance their brain fitness. Through education and practice, participants learn tips and techniques that they can use right away to aid the two most common concerns we have as we age, memory and word finding skills.

If cognitive wellness/brain fitness is on your to do list join us for Brain Builders here at the COA: Friday, May 3rd, 17th and 31st at 10AM. **Please RSVP.**

Upcoming programs supported in part by a grant from the Local Freetown & Lakeville Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency."



Carving out Your Story

Wednesday, May 15, 2024, 10:30 am to 12 pm at the COA

Stories Come From The Most Amazing Places, If you lived a life you have a story to share.

Carving Out Your Story is a 90-minute Oral History workshop. It is a fun and friendly workshop that will help you uncover interesting stories from your life. Award-winning facilitators/storytellers Karen Chace and Andrea Lovett will use prompts and interesting activities to guide you through the process of finding those story jewels that deserved to be remembered.

Hip Hop Dance Chair Exercise for Seniors!

Please join us May 16th at 1:30! Music Dance.edu is offering a (1) hour senior exercise class at the Council on Aging. "Hip Hop Dance Chair exercise for Seniors!" Travel through time and space on this Soul Train and chair dance to clean hip hop music.

Submitted by Music Dance.edu

Once Upon a Generation

Please join us for a peek into the young lives of our *Sensational Seniors!* The performance is the culmination of a ten-week intergenerational program, connecting Lakeville and Freetown seniors with experienced storytelling students from the Freetown/Lakeville School District.

Travel in your imaginations with a young man, fresh from high school graduation who learns a quick life lesson, and a teenager helping to care for her eight siblings during the depression. Meet a college student who unintentionally meets Check Point Charlie, join a small child as she discovers that the Lone Ranger can't save her from herself, and much more! These stories are fun, heartwarming, and touching glimpses into the past of lives changed, transformed, and enriched by their experiences, and you will be too! These stories will be performed, not read. We guarantee you will be enchanted!

Date: Thursday, May 23, 2024

Time: 6:00 P.M.

Location: **Freetown Historical Society**

1 Slab Bridge Road, Assonet, MA

Admission is FREE

Handicapped access available

ALL ARE WELCOME!

Questions? Please call Karen Chace at (508) 763-8565 or Andrea Lovett at 781-267-99

Medical Equipment Loan Closet

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

COA Board Meetings

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

Newsletter Deadline:

Please note: the deadline for the June Newsletter is **May 14th**. Anything received after this date will not appear in that Newsletter.

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**: 9:00AM 11:30 AM. Suggested donation: \$3.00 per person

Art Social 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.

Senator and Representatives

Representative Paul Schmid will be here Monday 5/6 at 10:00 AM (Office phone 617-722-2210)

Senator Michael Rodrigues will be here Wednesday 5/22, at 9:30 AM (Office phone-508-646-0650)

Representative Carole Fiola will be here Wednesday 5/22, at 9:00 AM. (Office phone 617-722-2430)

SHINE

Serving the Health Insurance Needs of Everyone

The SHINE Counselor will be available in May 13th. Please call the Senior Center to book an appointment.

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

Upcoming BRS Bus Trips 2024!

Booked trips so far....

April 26th Blithewood Trip has been cancelled

Wed., May 22nd – Charles River Boat Cruise & Cheesecake Factory Luncheon in Cambridge, MA ~ \$125PP

Fri., June 7th – Heritage Museums & Gardens and Daniel Webster Inn for Lunch ~ \$125 PP

Wed., July 17th – Indian Princess Cruise on Webster Lake & Lunch on the Lake at Slaters ~ \$140 PP

Wed., August 14th – Newport Playhouse & Buffet Luncheon (Nunsense – A Musical) ~ \$149 PP

Wed., September 18th – The Big E Fair! ~ \$120 PP

Wed., October 9th – Cape Cod Lunch Train & Hyannis ~ \$159 PP

Fri., December 6th – Newport Mansions for the Holidays & Lunch at the Quonsett O Club ~ \$125 PP

****Monday, 12/15 – Wednesday, 12/17** – White Mountains Overnight Trip ~ More info to come!!

**** Payment will be due in FULL at time of signups.**

Cash or check at the COA and credit card if you call Susan directly at BRS at 617-291-8469. Each flyer will have a refund date deadline on it. Checks can be made out to BRS Ski & Tours.

**** We will also be marking the flyers with sneakers 1-4 sneakers depending on the amount of walking involved for that particular Trip.**

Book Delivery Program

The Freetown Public Libraries and the Freetown Council on Aging are offering free delivery of library materials to Freetown residents who are homebound or unable to visit a library. Freetown residents, who are temporarily or permanently confined to their homes because of illness, disability or other extenuating circumstances may sign up. Contact the Freetown Public Libraries for an application. Fill out the application with your preferences and return it to either Freetown library branch or the COA. Need a library card? We will help get you registered.

Freetown Public Libraries: (508) 644-2385 (Hathaway Library), (508) 763-5344 (White Library)

Email: sdorian@sailsinc.org

Submitted by Sharon Dorian, MLIS



Want access to thousands of FREE books or audio books on your phone or other device? Learn to navigate the Libby app (or other technology needs) with Senior Librarian, [Sharon Dorian](mailto:sdorian@sailsinc.org), Monday thru Friday by appointment. Call 508-763-5344 or email sdorian@sailsinc.org.

Freetown Senior Club:

For this month's activity, members will meet at the senior center on May 2 at 1:00. After the meeting, we will sing up a storm with Rick Arruda and Karaoke. In the past, at Karaoke sessions put on by the COA, some senior club members have taken part, so expect some good singing and a lot of laughs.

Submitted by Grace & Ed Medeiros

Health Nurse Clinic

Lori Desmarais, RN, BSN, the Freetown Public Health Nurse, is available May 21st, at the COA for Blood Pressure and Blood Sugar Monitoring, Wound Assessment, Vitamin B12 injections (as prescribed), Health Education and Promotion, and Home Visitation for Homebound Residents.

Submitted by Lori Desmarais

Calvary Pentecostal Church Farmer's Market

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

Submitted by Calvary Pentecostal Church

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. 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 May 22nd.**

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 is at the back of the building between 11:30 to 12:00.** **You must call two days in advance to reserve a meal.** Please call the COA if you need more information.

VAN SCHEDULING:

The van runs every **Monday, Tuesday, Wednesday and Thursday.** Please call the COA at 508-763-9557 to book. 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** Please have the name, address and phone number of your destination, and if you need the wheelchair lift. Thank you for your cooperation.

FREETOWN COUNCIL ON AGING
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STAFF AND BOARD MEMBERS:

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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

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.

If you wish to receive your Senior Profile by E-mail, please send us your Name and e-mail address to
Alima@freetownma.gov or
Jgarell@freetownma.gov

PLEASE CHECK IN:

Please sign into My Senior Center for every event or visit to the center. This information helps us obtain grant funding that allows us to continue to operate and offer the events and programs you enjoy. Please see a staff member if you need a key tag or to activate one from another COA.



Interested in being an Election Worker?

The Town of Freetown is looking to expand its pool of Election Workers as we progress through the busy 2024 election year!

If you are interested, fill out an application at freetownma.gov/Elections by June 15, 2024!

Any questions?
Contact Chief Elections Official & Town Clerk
Cheryl E. Estrella, CMC
508-644-2201 ext. 2