

Freetown-February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:15 Strength Class 10:00 Mat Yoga 10:30 Kanakis 10:30 Closed
4 9:00 Pool 9:30 Massage 10:00 Knitting 10:00 Muffins 10:00 Podiatrist 10:00 Rep. Fiola 10:30 Rep Schmid 1:00 Pitch	5 12:45 Bingo  Chinese New Year	6 8:30 AARP Taxes 9:00 Painting 9:30 Line Dancing  1935 Monopoly Game	7 8:30 AARP Taxes 12:30 Scrabble 12:30 Senior Club Birthday Deadline	8 9:15 Strength Class 10:00 Mat Yoga 10:30 Kanakis 10:30 Closed
11 9:00 Pool 9:30 Massage 10:00 Knitting 10:00 Muffins 1:00 Pitch	12 NO ACTIVITIES DOWNSTAIRS Cyd's Deadline  1959-First Barbie	13 8:30 AARP Taxes 9:00 Painting 9:30 Line Dancing	14 8:30 AARP Taxes 12:00 Birthday 12:30 Scrabble 	15 9:15 Strength Class 10:00 Mat Yoga 10:30 Kanakis 10:30 Closed
18 Closed for Presidents' Day 	19 11:30 Cyd's Lunch 12:00 Once Upon A Generation Lunch 12:45 Bingo Luncheon Deadline	20 8:30 AARP Taxes 9:00 Painting 9:30 Line Dancing NO ACTIVITIES DOWNSTAIRS  1872-toothpick patented	21 8:30 AARP Taxes 9:30 Podiatrist 12:30 Scrabble Tea Time Deadline	22 9:15 Strength Class 10:00 Mat Yoga 10:30 Kanakis 10:30 Closed
25 9:00 Pool 9:30 Massage 10:00 Knitting 10:00 Muffins 1:00 Pitch	26 12:00 Luncheon 12:45 Bingo  1929-Levi Strauss Born	27 8:30 AARP Taxes 9:00 Painting 9:30 Line Dancing 9:30 Sen. Rodrigues 10:30 Brown Bag 10:30 Blood Pressure 3:30 Closed	28 8:30 AARP Taxes 11:00 Tea Time 12:30 Scrabble  Public Sleeping Day	

New Year's Resolutions for Seniors

New Year's resolutions are a way to start off the New Year right. Usually they have to do with improving ourselves. Whether it is to lose weight, exercise; learn a new skill, etc. More often than not the resolution only lasts a few weeks or a couple of months. Here is an easy "Resolution List" specifically designed for seniors, to help make them live their lives more fully:

1. **Become involved with your local Council on Aging** - The local COAs are an amazing source of information, help and recreation for seniors. You can paint, do puzzles, join a support group, play BINGO, do yoga, have lunch, etc. Best part is that you are with people your own age in a safe and friendly environment.
2. **Eat healthy and exercise** - It may be hard to cook for one, but you can freeze extras. Or better yet, invite a friend or a family member over. Remember to exercise. Consider joining a walking club or a gym.
3. **Go out more** - Go see a movie with your church group, visit local galleries, take a bus tour for a day trip with a senior travel group. There are plenty of free places that you can explore with a friend.
4. **Ask for help** - Is it hard to climb stairs, wash windows or do laundry? Get some help to do your housekeeping or any tasks that are just not possible anymore. It is better to get help than to hurt yourself. Hire a landscaper who can cut your grass, rake your leaves and shovel snow. You will be glad that you did.
5. **Out with the old** - Go through your house periodically to get rid of things that you don't want or no longer use. Donate them to a charity, give to family or just throw it away! A good rule of thumb is if you haven't used it or worn it in a year, get rid of it.
6. **Become tech savvy** - Ok so maybe tech savvy is a stretch, but learn how to use the computer. You can email family and friends, join a social network like Facebook, shop on-line, watch the news and so much more. You will find that it isn't as hard as you thought and more fun than you expected!
7. **Keep your mind active** - We think we have all heard the old saying, "a rolling stone gathers no moss". As simple as it sounds, it's true! Learn a new skill at a craft store, COA, or at an adult education class. Join a book club. Volunteer at a local charity, library or school. You can also impart some of your wisdom on someone else! Teach your grandchildren to knit, play piano. Think of all the memories you will be making!
8. **Get a personal safety device** - This is so important if you live alone. Seniors are prone to falls so it provides peace of mind for you and your family who may not be able to get to you quickly if they live far away.
9. **Visit an Elder Law Attorney** - Make sure you have all your important documents in place. Everyone needs a Health Care Proxy, Durable Power of Attorney, HIPAA Release, Living Will and a Last Will and Testament. Don't put off our estate planning. Having things in place for your family is the best gift you could give them and it gives you peace of mind!

Submitted by Surprenant & Beneski