



# The Blandford Hills Council on Aging News

Phone: 413-848-4279 Ext. 400 or COA@TownofBlandford.com

This Newsletter is sponsored in part by the Executive Office of Elder Affairs

What's Happening at the Center for Active Adults Ages 55 and Up?  
December 2018/January 2019

## *Blandford COA/CAA's Annual Christmas Party Friday, December 14, 2018 at 12 Noon in the COA Room*



Please join us for a delicious holiday ham dinner with all the fixins'.

The cost of our Christmas dinner will be \$7.00. To make your reservation, please send in a check, made payable to Blandford Council on Aging, and mail to Blandford COA, 1 Russell Stage Road, Suite 3, Blandford, MA 01008.

Money can also be dropped off at town hall. Reservations must be received by December 7.

## South Africa with Peter Langmore, Friday, January 18, 2019, at 6 P.M.

In lieu of our January movie, we will have guest speaker, Peter Langmore. Peter will be sharing his experiences along with pictures and video on our big screen. He stayed in tented camps, counted 27 elephants crossing the road, witnessed the "BIG 5", and viewed Victoria Falls, the largest waterfall in the world, from the ground and air. While in Botswana,

Peter visited the largest inland delta in the world, the Okavango Delta. Along with the local flora and fauna, he also visited native villages and farmsteads to learn about Zambian and Zimbabwean culture. Another highlight was a tour of the wine country just outside of beautiful Cape Town, South Africa. This event is free and light refreshments will be served.



**Weekly Events Offered  
at your Blandford COA/CAA**

**Mondays**

*Balance, Strength, & Flexibility  
Training Exercise at 9:30 A.M.  
\$5.00 per class*

**Wednesdays**

*Until the end of December....  
...Balance, Strength, & Flexibility  
Training Exercise at 9:30 A.M.  
\$5.00 per class  
The 2nd and 4th Wednesdays...  
...Taylor's Group  
2:00-4:00 P.M.~ FREE*

**Saturdays**

*Tai Chi at the town hall gym.  
8:30 A.M.  
\$5.00 per class*

**Monthly Events Offered  
at your Blandford COA/CAA**

**First Friday**

*Open House ....1-3 P.M.  
Come in to learn a new game,  
socialize, and/or knit.  
Bring a snack and we'll provide  
the beverages.*

**2nd Friday**

*Social Hour ....12 P.M.  
Light lunch will be provided.  
\$5 per person*

**3rd Friday**

*Movie ....1:30 P.M.*

**4th Friday**

*Breakfast ....10 A.M.  
\$5. per person  
COA/CAA Board meets  
4 P.M. in the COA room*

**MOVIE MATINEE**  
**3rd Friday of every month.**  
**Show starts at 1:30 P.M.**  
**Free popcorn and beverages.**  
**Bring a friend!**



**COMING IN DECEMBER**

“Love Actually” starring Hugh Grant, Liam Neeson, Colin Firth, Laura Linney, Emma Thompson. This story follows the lives of eight very different couples in dealing with their love lives in various loosely interrelated tales all set during a frantic month before Christmas in London, England.

**Friday, January 11, 2019, 1-2 P.M.**

Please join us after the **social hour** luncheon as we welcome Amber Letourneau, Nutrition Coordinator, from the Western Ma Foodbank.

She will talk about reading food labels, making healthy meals and snacks, shopping and cooking meals for one or two, and how to reduce sugar and sodium in your diet.

The Nutrition Presentation is free.

The Social Hour luncheon is \$5. per person.

On February 8, from 1:30-2:30 P.M., join us for a “Diabetes Prevention and Management” Presentation. This program is free. The luncheon is \$5. per person.



**Love your Feet!**  
**Upcoming Foot Clinic**

Our next Foot Clinic will be held on Thursday, January 17, 2019 at 11:00 A.M.

The cost of the session is \$30.00, with the COA paying \$5.00 for those 65 and older. The clinic is open to anyone who would like foot care. The nurse will do an assessment and examination of your feet, trim and file toenails, and finish with a foot and leg massage. If she notices anything that should require further attention, she will recommend that you follow up with your podiatrist. For an appointment, please call Barbara Langmore at 848-2816.

An appointment is necessary and required!

**FINANCIAL ALERT:** Beginning in January of 2019, our Social Hour and Breakfast cost per person will increase to \$5. Your COA/CAA would like to continue to create and provide healthy and delicious meals for you to enjoy. Thank you for your continued support and attendance!

**THANK YOU** to the Veterans and their families and friends that turned out for our annual appreciation dinner held on November 9th at the town hall. Everyone enjoyed lasagna, salad, bread, and apple cake for dessert. Following the dinner, a lively group sang for the Veterans. The Star Spangled Banner could not have been sung any better! The Blandford Historical Society set up pictures and military posters for all to view.



*"Can't quite make it out, Mrs. Gurnbach?  
And we drove here all by ourselves, did we?"*

## Senior Citizen Brunch & Concert

Gateway Regional High School

**December 5, 2018**

Doors open at 9:15 a.m.

Brunch is from 9:30- 10:30 a.m.

Concert is from 10:30- 12 p.m.

RSVP by November 28

**Blandford-** Margit **848-4279 ext 400**

**Chester-** Peggy **354-7735**

**Huntington-** Jennifer **512-5205**

**Middlefield-** Lois **623-9990**

**Montgomery-** Anne-Marie **862-3257**

**Russell-** COA Line **862-6205**

**Worthington-** Sandy **238-5584**




# Blandford COA/CAA

## December 2018

413-848-4279 ext. 400 or COA@TownofBlandford.com



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Hanukkah Begins	3 Balance, Strength, and Flexibility 9:30 A.M.	4	5 Balance, Strength, and Flexibility 9:30 A.M.	6	7 Pearl Harbor Day First Friday 1-3 P.M.	8
9	10 Balance, Strength, and Flexibility 9:30 A.M.	11	12 Balance, Strength, and Flexibility 9:30 A.M. Taylor's Group 2 P.M.	13	14 Christmas Party 12 Noon	15
16	17 Balance, Strength, and Flexibility 9:30 A.M.	18	19 Balance, Strength, and Flexibility 9:30 A.M.	20	21 Movie 1 :30 P.M. "Love Actually"  First day of Winter	22
23	24	25 Christmas Day 	26 Balance, Strength, and Flexibility 9:30 A.M. Taylor's Group 2 P.M.	27	28 No Breakfast	29
30	31 New Year's Eve	<b>It's not what's under the Christmas tree that matters but who's around it. <i>Charlie Brown</i></b>				

# Blandford COA/CAA

## January 2019

413-848-4279 ext. 400 or COA@TownofBlandford.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Year's Day	2	3	4 First Friday 1-3 P.M.	5 Tai Chi 8:30 A.M.
6	7 Balance, Strength, and Flexibility 9:30 A.M.	8	9 Taylor's Group 2 P.M.	10	11 Social Hour 12 Noon Nutrition Program 1-2 P.M.	12 Tai Chi 8:30 A.M.
13	14 Balance, Strength, and Flexibility 9:30 A.M.	15	16	17 Foot Clinic 11 A.M. by appt. only	18 South Africa 6 P.M. w/ Peter Langmore in COA Room	19 Tai Chi 8:30 A.M.
20	21 Martin Luther King Jr.'s B'day Balance, Strength, and Flexibility 9:30 A.M.	22	23 Taylor's Group 2 P.M.	24	25 Breakfast 10 A.M.	26 Tai Chi 8:30 A.M.
27	28 Balance, Strength, and Flexibility 9:30 A.M. COA Board meets at 4 P.M.	29	30	31	<b>For future reference, if the Gateway School System has cancelled school due to in- clement weather, the Blandford COA/CAA will also be closed.</b>	

BLANDFORD COUNCIL ON AGING  
1 RUSSELL STAGE ROAD  
SUITE 3  
BLANDFORD, MA 01008  
413-848-4279 Ext. 400  
COA@TownofBlandford.com

PRSR STD  
US POSTAGE PAID  
HUNTINGTON, MA  
PERMIT NO. 12  
ZIP CODE 01050

### **SPECIAL ONGOING PROGRAMS FOR SENIORS WITH CONTACT INFORMATION**

**The Southern Hilltown COA Consortium** monthly meeting is held the first Friday of each month – 10:30 AM at 3 Maple Street in Chester.

**SHINE:** (Serving the Health Insurance Needs of Everyone): Medicare's Annual Open Enrollment period runs from October 15 - December 7. SHINE provides FREE, unbiased, health insurance counseling, information, and assistance to Massachusetts residents with Medicare, their caregivers and those approaching Medicare eligibility. Contact the Hilltown Consortium at 413-354-6540 to find out how you can schedule an appointment with a trained SHINE Counselor to discuss your options. All counselors are extensively trained and certified by the Massachusetts Executive Office of Elder Affairs to speak with Medicare beneficiaries regarding their Medicare coverage. They can also review eligibility for other benefit programs that can help assist beneficiaries with limited resources to pay for healthcare costs.

**Fuel Assistance** - For information about fuel assistance contact Hilltown Social Services at 413-667-2203, or pick up an application at the Senior Center.

**Need a Ride?** - The FRTA Van provides transportation to medical appointments, to shopping and picking up groceries to those 60 and over. Contact George Webb, FRTA driver, at 413-667-3428, or pick up an application at the Senior Center.

**HCAA Hilltown Plus Program, HCAA's community outreach program.**

**Baseline Health Folders= Regular Blood Pressure Checks at home—Baseline EKG's.**

**Call Angela Mulkerin at 413-875-5781 or email her at [hilltownplus@gmail.com](mailto:hilltownplus@gmail.com) for more information or to schedule an appointment.**

**Veteran's Affairs Agent** Contact Joe Henning at 413-427-3054 to ask about your Veteran's benefits, medical, and financial questions. You can also go to [MassVetsAdvisor.org](http://MassVetsAdvisor.org) for One-Stop-Shop for all your benefits.