

OCTOBER 2018

MEMBERS OF THE COUNCIL ON AGING

Jim Letendre-Chair

Joan Houston-Member

Sheila Phoenix-Member

Rachel Sugalski-Member

Christine Mancini-Vice Chair

Sue Arsenault-Member

Mary Williams-Member

Sandy Fritze-Member

Lucinda Puchalski-Alternate

Pamela Woodbury-Director

April Caruso-Outreach Coordinator

MIRACLE EAR

**We are pleased to welcome Steven Lamothe
From Miracle Ear in Auburn to our senior
Center. Steven will be here on a rotating
basis beginning on November 28th at
9:00 AM.**

**You can come in to get your hearing aide
cleaned; change the batteries or better yet,
have your hearing checked!**

ELDERBUS

In town daily

\$1.50 each way

Medical Trips into Worcester

Monday, Wednesday, Friday

\$2.00 each way

48 hour business day notice by
calling:

1-800-321-0243



**LOOKING FOR SENIORS INTERESTED IN PLAYING BRIDGE. WE HAVE
SPACE AVAILABLE UPSTAIRS AND IN THE MAIN ROOM. CALL 508-885-
7546 TO SIGN UP**



ZUMBA



IT'S BACK AFTER A LONG HOT SUMMER!

THURSDAY EVENINGS AT 6:00 PM

COME IN AND SIGN UP!

BEGINS OCTOBER 4 COST IS \$1 PER CLASS

NEWS FROM SHINE OCTOBER & NOVEMBER 2018

The Medicare Open Enrollment begins on October 15th and ends on December 7th

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. **This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.**

REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK **BEFORE** YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

MEDICARE UPDATE MEETINGS

We have scheduled 25 Medicare Update Meetings in the Central Massachusetts area. Check with your local Senior Center to find a meeting near your home. Or check our website www.shinema.org for a list of our local meetings.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched its website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment it may take a couple of days to return your call. You can now visit us on the internet at shinema.org

You can make an appointment to see a SHINE counselor here at the center by calling 508-885-7546.

The counselor is here on the third Wednesday of the month



OCTOBER 2018



Monday		Tuesday		Wednesday		Thursday	
1	9:30 Cribbage \$1 1:00 Low Impact Exercise	2.	9:30 Yoga 10:30 Exercise 11:30 Veteran's Agent 11:30 Lunch 1:00 Bingo	3	9:30 Crochet Group 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginning Line Dancing	4.	9:00 Chess upstairs 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo
8	Closed Columbus Day	9.	9:30 Yoga 10:30 Exercise 11:30 Wellness clinic/BP checks 11:30 Lunch 1:00 Bingo	10..	9:30 Crochet Group 9:30 Computer 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginning Line Dancing	11.	9:00 Chess upstairs 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo
15.	9:30 Cribbage \$1 12:30 Quilts of Valor 1:00 Low Impact Exercise	16.	9:30 Yoga 10:30 Exercise 11:30 Veteran's Agent 11:30 Lunch 1:00 Bingo	17...	9:30 Crochet Group 9:30 Computer help 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginning Line Dancing	18.	9:00 Chess upstairs 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo
22.	9:30 Cribbage \$1 1:00 Low Impact Exercise	23.	9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	24.	9:30 Crochet Group 9:30 Computer help 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginning Line Dancing	25	9:00 Chess upstairs 9:30 Yoga 10:30 Exercise 11:30 Wellness Clinic/BP checks (A Caring Touch Home Care) 11:30 Sandy's Luncheon \$6 1:00 Bingo
29.	9:30 Cribbage \$1 1:00 Low Impact Exercise	30.	9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	31.	9:30 Crochet Group 9:30 Computer help 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginning Line Dancing		

All programs at the senior center are partially funded by a grant through the Massachusetts Executive office of Elder Affairs

SPENCER SENIOR CENTER ACTIVITIES

AEROBIC EXERCISE CLASS: Exercise geared to seniors and led by a certified fitness instructor. Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of motion, and activities of daily living. Tuesday and Thursday 10:30-11:30. \$15 for 3 months for Spencer residents, \$20 for non-residents.

BINGO: Every Tuesday and Thursday at 1:00 PM. Come early to prepare

BEGINNING LINE DANCING: Beginning line dancing is fun and progresses at a relatively slow speed. Memorization is easy at the beginning. Wednesday from 1:30-2:30. \$10 for 3 months for Spencer residents and \$15 for non-residents.

CHESS CLUB: Every Thursday from 9:30-11:30 Looking for more participants

COMPUTER/CELL PHONE HELP: Every Wednesday @ 9:30 by appointment

CRIBBAGE: Every Monday @9:30. An informal group that enjoys the game and good time. \$1

CROCHETING INSTRUCTIONS: Every Wednesday from 9:30-11:00. Yarn will be provided by us for charitable donations or bring your own yarn for your personal projects.

LOW IMPACT AEROBIC EXERCISE CLASS: This class is geared to seniors who might find the above class a little too strenuous. Led by a certified fitness instructor. Every Monday from 1 to 2. \$10 for 3 months for Spencer residents and \$15 for non-residents.

JIGSAW PUZZLE: a puzzle is always on-going in our library.

LIBRARY: Open all day everyday to borrow books or to just sit and relax and enjoy a cup of coffee with friends.

LINE DANCING: Aside from being lots of fun, line dancing is beneficial in so many ways. As we age it is critical we exercise the mind as well as the body. Every Wednesday from 12:30-1:30. \$10 for Spencer residents and \$15 for non-residents.

RESTAURANT/LUNCH: Check the Grapevine for all the different lunches offered at the senior center. Donation is \$3 and reservations must be made 48 hours in advance by calling the center. Watch for special meals also. Must have 10 sign up's.

SANDY'S LUNCHEON: Home cooked lunch on the last Thursday of the month. Tickets are \$6

S.H.I.N.E.: SHINE is Serving the Health Information Needs of Everyone (on Medicare) There is a counselor at the center the third Wednesday of the month. By appointment. Please call the center

TAI CHI: Discover improved balance, strength, and flexibility at any age with gentle therapeutic Tai chi. Led by a certified Tai Chi instructors. Every Wednesday from 11 to 12. \$10 for Spencer residents. \$15 from non-residents.

WELLNESS CLINIC: The 2nd Tuesday and the 4th Thursday of the month at 11:30. Medical questions, health issues or concerns can be brought to the attention of our nurse. Free

YOGA CLASS: Improve balance, help alleviate arthritis pain, reduce stress and moderate chronic pain. Led by a certified yoga instructor. Every Tuesday and Thursday 9:30-10:30. \$15 for 3 months for Spencer residents and \$20 for non-residents.

ZUMBA: Aside from its heat-healthy benefits, Zumba provides a workout for the entire body a fitness class and a dance class. Led by a certified Zumba instructor. Every Thursday from 6-7. **Will start up again on 10/4/18. Cost will be \$1 per class during the fall. Please call and sign up if interested.**

Zumba Gold: Watch for the upcoming classes

Upcoming Tina Bemis Classes

**October 18 -Pumpkullent
(Pumpkin with succulent bouquet)**

Class time is 3:00 PM. Cost is \$15

Sign up with Pam

December 13– Small Boxwood

Christmas tree

Class time is 3:00 PM

Cost is \$15



**Cash will be accepted when you register or
make a check payable at that time to
Tina Bemis**

LUNCHES FOR OCTOBER

CALL 508-885-7546 TO SIGN UP

October 2- Stuffed Pepper Casserole/Potato/veggies

October 4– Burger/Chili/Cheese/Beans/Sweet Potato Fries

October 9– Haddock w/ cheese sauce/rice/veggies

October 11– Hot Dog/Beans/Coleslaw

October 16– Beef w/onions & peppers/Potato wedges

October 18-BBQ Pork Pie/Pears

October 23– Greek Chicken/rice/Broccoli

October 25 Sandy's Lunch (check board)

October 26 Beef Stew/Rice/Corn

Suggested donation for lunch is \$3.

48 Hour notice for reservations

**There is a minimum of 10 for lunch. If we do not get 10
there will be no lunch.**

The mission of the Spencer Council on Aging is to seek to enrich the lives of the community's senior population by providing educational programs, recreational activities, referral and social service assistance and to advocate for the seniors while educating the community of the needs of its elders.

Senior Services Offered:

File of Life	Fuel Assistance
Healthcare Proxy	SNAP (food stamps)
HIPAA Release Forms	MassHealth Info and forms
Homestead Act	Mass Health Buy In
Tri Valley Elder Services	Extra Help with Medicare
SCM Elderbus	Health Safety Net
Prescription Advantage	S.H.I.N.E. (Serving the Health Information Needs of Elders)

DON'T GET SCAMMED!

JOIN US FOR A FREE LUNCH SPONSORED BY THE SPENCER PD

NOVEMBER 13TH

SIGN UP AT THE SENIOR CENTER

SENIOR TRANSPORTATION

NEED A RIDE TO A DR.'S APPOINTMENT?

Beginning on 11/1/18 you will be able to schedule a ride to the Dr.'s; Hospital or Therapy appointments.

This service will only be available Tuesdays and Thursdays. Other days can be scheduled through
SCM Elderbus

If you would like to be a volunteer driver, you will receive a \$30 stipend to go into Worcester; or \$20 for Auburn, Southbridge or Holden Call the office for more information on being a driver

If you are a senior taking advantage of the ride, you will be required to pay 1/2 of the cost of the trip to the driver directly and have the correct amount ready. So a trip to Worcester will cost you \$15 and a trip to Auburn, Holden or Southbridge will cost you \$10.

All drivers will need to have proof of insurance, copy of driving record; inspected vehicle; get a release signed by their Primary Care Physician and be CORI checked.