



DECEMBER 2019



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 it's elders

FRIENDS GROUP

THERE IS A GROUP THAT RAISES MONEY FOR NEEDS AT THE CENTER. THEY MEET THE THIRD TUESDAY OF THE MONTH ON THE 1ST FLOOR AT 1:00PM. THIS GROUP IS ALWAYS LOOKING FOR NEW MEMBERS FOR INPUT AND HELP. ANYONE CAN JOIN THE FRIENDS. THE MEMBERSHIP FEE IS \$12 PER YEAR. PLEASE MAKE CHECKS OUT TO THE FRIENDS OF THE SPENCER SENIORS



SUNFLOWER MEMORY CAFÉ

**Has been put on hiatus until Spring.
Please watch this space for an update.**

WHAT IS THE COUNCIL ON AGING AND WHAT DO THEY DO?

The Council on Aging is a Municipal Board appointed by the Town Administrator to insure the well being of the community's senior population. All members have term limits and it is strictly a volunteer position.

The COA is a policy making board that works hand in hand with the COA Director. The Director is highly trained and is charge of the day to day administration of the Senior Center staff, programs, services etc. Meetings are held monthly at 4:00PM in the Senior Center. Members are currently:

Chris Mancini– Chair John Howard –Vice Chair Jim Letendre –Member Sheila Phoenix-Member

Sue Arsenault– Member Rachel Sugalski– Member Sandy Fritze-Member and Lucinda Puchalski– Member

Director -Pamela Woodbury Outreach Coordinator-April Caruso

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



SANDY'S LUNCHES

December 19– Grilled Cheese & Tomato Soup

January 30– Beef Stew

February 27– Roast Pork

March 26– Corned Beef and Cabbage

April 30– Pasta & Meatballs

May 28– Boneless Stuffed Chicken Breast

All lunches include sides/beverage and dessert

Tickets are \$6 and must be purchased at the senior center. Cut off for tickets is 1 week prior to the meal.



SENIOR TAX WORK OFF PROGRAM

IF YOU ARE 60+ AND OWN YOUR

OWN HOME, YOU MAY BE

ELIGIBLE TO RECEIVE AN ABATEMENT UP TO

\$1000 APPLIED TO YOUR REAL ESTATE TAX BILL BY WORKING FOR

DIFFERENT DEPARTMENTS IN TOWN.

APPLICATIONS ARE AVAILABLE BEGINNING ON DECEMBER 1, 2019.

PROGRAM BEGINS 1/2/2020 AND GOES THROUGH 11/15/2020. ALL ACCUMULATED TIME

WORKED DURING THAT PERIOD IS APPLIED TO THE FIRST 2 TAX BILLS OF 2021

THE RATE OF PAY IS \$12.75 PER HOUR.

YOU ARE NOT GUARANTEED THE ENTIRE AMOUNT. IT IS DEPENDENT ON
DEPARTMENTAL NEEDS.

1/1/20-3/31/20 INCOME REQUIREMENTS APPLY.

\$43,050 FOR A SINGLE HOUSEHOLD

\$49,200 FOR A 2 PERSON HOUSEHOLD

BEGINNING APRIL 1, 2020 THERE ARE NO INCOME REQUIREMENTS.

CALL 508-885-7546 FOR MORE INFORMATION



DECEMBER 2019



Tuesday

Wednesday

Thursday

2. 9:30 Cribbage \$1 1:00 Low Impact Exercise	3. 9:30 Yoga 10:30 Exercise 11:00 Veteran's Agent 11:30 Lunch 1:00 Bingo	4. 9:30 Quilting class 11:00 Tai Chi 12:30 Line Dancing 1:00 Low Impact Exercise 1:30 Beginning Line Dancing 6:00 Pitch	5. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo 6:00 Zumba (Upstairs) 6:30 Knights Bingo
9 9:30 Cribbage \$1 1:00 Low Impact Exercise	10. 9:30 Yoga 10:30 Exercise 11:00 Veteran's Agent 11:30 Lunch 1:00 Bingo	11. 9:30 Quilting Class 11:00 Tai Chi 12:30 Line Dancing 1:00 Low Impact Exercise 1:30 Beginning Line Dancing 6:00 Pitch	12. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo 6:00 Zumba (upstairs) 6:30 Knights Bingo
16. 9:30 Cribbage \$1 1:00 Low Impact Exercise	17. 9:30 Yoga 10:30 Exercise 11:00 Veteran's Agent 11:30 Lunch 1:00 Bingo	18. 9:30 Quilting class 11:00 Tai Chi 12:30 Line Dancing 1:00 Low Impact Exercise 1:30 Beginning Line Dancing 6:00 Pitch	19 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo 1:00 Sunflower Memory Cafe 6:00 Zumba (upstairs) 6:30 Knights Bingo
23. 9:30 Cribbage \$1 1:00 Low Impact Exercise	24 Closed CHRISTMAS EVE	25 CLOSED CHRISTMAS	26. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo 1:00 Sunflower Memory Cafe 6:00 Zumba (upstairs) 6:30 Knights Bingo
30. 9:30 Cribbage \$1 1:00 Low Impact Exercise	31 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo		

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 call for information**

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

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 and Wednesdays from 1 to 2. \$15 for 3 months for Spencer residents and \$20 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 for 3 months.

MEMORY CAFÉ: For individuals suffering from memory loss. Third Thursday of the month. Upstairs.

PITCH: We are now playing pitch on Wednesday evening. We will begin the next round September 18 at 6PM

POOL: We have a pool table available in the room next to the exercise equipment room. Daily A/C on

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 Must be purchased in advance. Last day for tickets is the Monday before the lunch.

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 Tuesday 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 instructor. 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 heart-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. Class meets on the first floor. Coming in the back door up one flight of stairs at the end of the hallway.

IF THERE IS SOMETHING YOU ARE INTERESTED IN DOING, PLEASE SUGGEST IT TO APRIL OR ME. IF THERE ARE ENOUGH PEOPLE INTERESTED WE WILL SCHEDULE IT.

MEMORY TRAINING

INNOVATIVE, 4-WEEK
EDUCATIONAL PROGRAM
FOR IMPROVING MEMORY



- ♦ Written and designed by Gary Small, M.D., and Linda Ercoli, PH.D. for people with mild memory concerns
- ♦ Taught by certified trainers who demonstrate strategies and techniques in an interactive classroom setting
- ♦ 9 out of 10 participants report
- ♦ Improvement in their memory

Program Benefits

Remember names and faces

Recall appointments, messages and plans

Practice everyday memory techniques

Avoid misplacing objects

Overcome “tip of the tongue” slips

UCLA

Longevity Center



**Massachusetts
Councils On Aging**

SPENCER SENIOR CENTER

JANUARY 6,13,27 AND FEBRUARY 3, 2020

10:00AM –12:00PM COST \$10 PER PERSON

NEWS FROM SHINE

The Medicare Open Enrollment 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.

ADDITIONALLY STARTING THIS YEAR, WE ARE STRONGLY URGING ALL BENEFICIARIES, TO SIGN UP FOR A "MyMedicare Account". HAVING THIS ACCOUNT WILL ALLOW US TO ASSIST YOU MORE COMPREHENSIVELY WITH YOUR CHOICES FOR 2020. INFORMATION ON SIGNING UP IS AVAILABLE ON OUR WEBSITE www.shinema.org. JUST CLICK ON THE **MYMEDICARE** LINK.