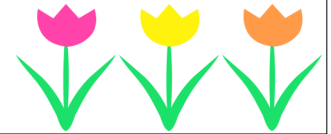




# APRIL 2020



*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

## ELDERBUS

### In town daily

\$1.50 each way

Medical Trips into Worcester

**Monday, Wednesday, Friday**

\$2.00 each way

**24 hour business day notice by calling:**

1-800-321-0243



## MEMBERS OF THE COUNCIL ON AGING

CHRISTIME MANCINI-CHAIR

JOHN HOWARD-VICE CHAIR

JIM LETENDRE-MEMBER

SHEILA PHOENIX-MEMBER

RACHAEL SUGALSKI-MEMBER

SUE ARSENAULT-MEMBER

LUCINDA PUCHALSKI-MEMBER

SCOTT CONNOR-MEMBER

DIRECTOR-PAMELA WOODBURY

OUTREACH COORDINATOR-APRIL CARUSO

MEETINGS ARE THE SECOND TUESDAY OF THE MONTH AT 4PM 68 MAPLE ST. UNLESS OTHERWISE POSTED

**CHECK IN ON THE COMPUTER WHEN ENTERING TO BE ELEGIBLE FOR A WEEKLY DOOR**

**PRIZE! THE DRAWING IS DONE RANDOMLY BY THE COMPUTER**

## **FROM SHINE APRIL 2019**

### **Medicare and the Coronavirus**

**Medicare Part B (Medical Insurance)** covers medically necessary clinical diagnostic laboratory tests, when your doctor or practitioner orders them. This includes a test to see if you have coronavirus (officially called 2019-novel coronavirus or COVID-19).

**Original Medicare:** You usually pay nothing for Medicare-covered clinical diagnostic laboratory tests.

**Medicare Advantage Plans:** Check with your plan's Explanation of Benefits or call them to see if there is a co-pay.

### **MassHealth**

#### **Eligibility Guidelines Have Increased**

Income and asset guidelines change every year. MassHealth has increased the income limits for several programs you may be eligible for. The monthly gross monthly income to be eligible for **MassHealth Standard** has increased from \$1,041 for a single person to \$1,064, with assets no more than \$2,000, for a married couple it has gone up to from \$1,410 to \$1,437, with assets no more than \$3,000

The **MassHealth Buy-in Programs, also called Medicare Savings Program, pay for the Part B monthly premium, \$144.60 in 2020.** The gross monthly income eligibility for a single person is now \$1,755, with assets no higher than \$15,720; and for a couple \$2,371, with assets no higher than \$23,600. These increases also apply to **Full Extra Help** for Massachusetts residents. This program from Social Security helps to pay for your medications. If you feel you may be eligible under these new income guidelines feel free to call the SHINE Program for more information.

**Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They 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 4.**

**You can also visit us at [www.shinema.org](http://www.shinema.org).**

## **SUNFLOWER MEMORY CAFÉ**

**For residents with memory issues.**

**Join us for a light lunch on April 17, 2020 at 1:00PM**

**Meet and network with your peers experiencing the same issues**

**You must RSVP 508-885-7546 by April 13th to be included in the lunch.**

**Trivia games after lunch!**

**Join us for the fun**





# APRIL 2020

## Tuesday

## Wednesday

## Thursday

		1. 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	2. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo 6:00 Zumba (Upstairs) 6:30 Knights Bingo
6. 9:30 Cribbage \$1 1:00 Low Impact Exercise	7. 9:30 Yoga 10:30 Exercise 11:00 Veteran's Agent 11:30 Lunch 1:00 Bingo	8. 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	9. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo 6:00 Zumba (upstairs) 6:30 Knights Bingo
13. 9:30 Cribbage \$1 12:30 Quilts of Valor 1:00 Low Impact Exercise	14. 9:30 Yoga 10:30 Exercise 11:00 Veteran's Agent 11:30 Lunch 1:00 Bingo	15. 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	16. 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
20. 9:30 Cribbage \$1 1:00 Low Impact Exercise	21. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	22. 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	23. 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
27. 9:30 Cribbage \$1 1:00 Low Impact Exercise	28. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	29. 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	30. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo 1:00 Sunflower Memory Cafe 6:00 Zumba (upstairs) 6:30 Knight's 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.**

Interested in learning Cribbage or Pitch? I am always hearing someone say “I’d love to learn to play!”

We try to accommodate all interests. If you would like to learn how to play, let me know and I can get a group together to learn either game.



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### WEEKLY DOOR PRIZE

Don’t forget to sign in when you arrive at the center. We have a weekly door prize where you could win a \$10 gift certificate for Dippin Donuts or Dairy Queen. Winner is randomly drawn by computer from all the participants signing in. Don’t miss your chance to win! Sign in computers are located in the lower level and on the first floor.

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### REMINDER

The Council on Aging would like to remind seniors that the Annual Town Meeting is Thursday, May 7 at 7PM in the Town Hall. Is it imperative that as many seniors show up to help the senior center at 68 Maple St. get the fire suppression equipment up to code. The funding for this project will be divided 25% of the cost from the stabilization fund and 75% from free cash. This will need a 2/3 vote to pass. This is a matter of safety and we would like to see as many seniors as possible at the meeting. Seniors have been contributing to the community for so long and now it’s their turn to ask for something. This is not something the Council on Aging saw coming.

The senior center is a very important part of our community. Let’s be part of making it safe and code compliant. The center has been located at the old Maple St. School since 2015.

### COVID-19

The public is reminded of steps to take to limit the spread of COVID-19:

- Cover your mouth – when you cough or sneeze use a tissue or your inner elbow, not your hands.
- Wash your hands – with soap and warm water or use an alcohol-based sanitizing gel.
- Stay home if you are sick – and avoid close contact with others.

The Administration will continue to update the public on further developments and individuals are encouraged to consult both the [Department of Public Health](#) and the [Centers for Disease Control](#) and Prevention websites for the most up to date information

We follow the recommendations from The Department of Public Health, Executive Office of Elder Affairs, Massachusetts Councils on Aging.

### ALL YOU CAN EAT TACO BAR

JOIN US ON TUESDAY MAY 5TH FOR

A CINCO DE MAYO CELEBRATION

\$3 PER PERSON AGE 60+

LUNCH SERVED AT 11:30

CALL 508-885-7546 TO REGISTER BY 5/1



## Earn Money for Our Council on Aging, and Possibly Win a \$50 Gift Card!

The challenge runs from April 1 to September 30. In that time, if you and your team of friends complete the challenge, you are entered into a drawing for a \$50 Visa gift card, a \$25 Amazon gift card or a \$10 Dunkin' gift card . . . and for each person who completes the challenge, our Council on Aging gets an entry into the \$500 prize for use with fitness programming. The more of us who walk, the better the chances! Here's how it works:

You and your friends form a team and choose a challenge. Choose **'Round the Border** and walk the equivalent of the Massachusetts border (515 miles), or **Mass-ters** and walk the equivalent of the Massachusetts tidal shoreline (1,519 miles). Wow! That sounds like a lot of walking! It's not, really. 'Round the Border is only about a mile a day, three days a week, per person, while the Mass-ters is about three miles a day – fewer than 10,000 steps!

Say you're not a current walker, or can't walk a mile a day, we have challenges for that as well. You could walk from the shores of Provincetown to the mountains of Lee, in just 30 minutes a day, three days a week! Or maybe you're just starting out and don't feel you can walk that much yet. Try the Greylock Gradual Ascent Challenge and start by walking just seven minutes a day. Walk the length of your driveway and back adding a minute a day every week until you're up to 30 minutes a day. However you choose to walk, we're rooting for you!

Join the challenge today at [www.mcoaonline.com/walkma!](http://www.mcoaonline.com/walkma!)