



Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876
 P: 978-640-4480 F: 978-640-4483

MAY 2016

Volume 08 Issue 5

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FREE PIANO & ORGAN

The Senior Center is making room. We have a baby grand piano and an organ available free of charge to anyone interested. Please feel free to stop by the Center to check them out!



Regular Senior Center Hours: Monday– Friday, 8:00AM until 4:00PM

We will also be open for all *scheduled* activities outside regular hours.

A Message From Council on Aging Director Ashley Springman...

On Friday April 15th I held a "Coffee With The Director Event". There was a great turnout and lots of good information was shared. Here are some highlights:

- We are back to normal, using the hall for activities, but unfortunately the hall floor has to be done again. The seams from the subfloor are projecting through and a ripple-like effect can be seen throughout the hall. This will happen over the summer.
- A HUGE THANK YOU TO THE ROD & GUN CLUB AND THE TEWKSBURY/WILMINGTON ELKS FOR LETTING US USE THEIR FACILITIES THESE PAST FEW MONTHS!!!
- We have our "new" van and now we are looking for a driver(s). The job was posted by the HR Department on March 29th and closed on April 30th. I will be interviewing and selecting a candidate in May. Because the van is a 2006, with approximately 150,000 miles, it will be used for in-town travel only. The only exception being rides to medicals appointments in Wilmington. This has been an ongoing, unmet need since the LRTA does not travel into Wilmington.
- The **AGE OF LOVE** event will be taking place on Saturday May 14th at 2:00PM. The film follows "the humorous and poignant adventures of thirty seniors in Rochester, NY who sign up for a first-of-its-kind speed dating event exclusively for 70 to 90 year-olds. From anxious anticipation through the dates that follow, it's an unexpected tale of intrepid seniors who lay their hearts on the line, and discover how dreams and desires change—or don't change—from first love to the far reaches of life." This event is **free** and open to the general public.
- Join us on Sunday June 5th at 11:30AM for the **Go The Distance State 1-Mile Walk Challenge**. Participants will receive a certificate and be entered into a prize raffle. This event is being held in conjunction with the Police Department's Bike Rodeo and Health Department's Wellness Fair (9AM– 1PM) at Tewksbury Memorial High School.
- This year's Volunteer Reception, to recognize the countless hours our volunteers dedicate to the Senior Center, will take place on Friday May 20th, from 12-3PM. There will be delicious food catered by Tewksbury Country Club, entertainment and each guest will leave with a token of our appreciation.
- Lastly, we would love for our seniors to be able to enjoy the outdoors this summer so we are renovating the area behind the healing garden. The town's forestry department has cleaned up the area and work on the Bocce Court will begin soon. Stay tuned!

My Mission as Your Director: *To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.*

Due to scheduling issues and lack of a tour guide for the originally advertised New York Trip, we are now offering this New York Trip.



NEW YORK TRIP
2-DAYS, 1 NIGHT STAY

THE BOSTON RED SOX vs The New York YANKEES



Reserved seats at Yankee Stadium!

SPACE IS LIMITED

Reserve your spot today!
See Diane Dunlevy at the Senior Center for more information or to book this trip today! \$50 deposit holds your reservation. Final pay-

Day 1—You will depart from the Senior Center mid-morning and head to New York. You will arrive at Yankee Stadium in the Bronx in time to see the pre-game warm-ups. Then enjoy all of the action from your **Reserved Main Level Seats** as the Red Sox take on the Yankees at this 4:05pm game! After the game, you will head to Tarrytown, NY to stay at the **Sheraton Hotel**. Relax, take some time to unwind and settle in.

Day 2—After your included Breakfast at the hotel, we will make our way into downtown **New York City**. Enjoy the best of the “Big Apple” as your tour guide points out some of the great sites it’s known for. Next you can enjoy some free time to visit the many museums, visit the 9/11 Memorial, or take a ride out to see the Statue of Liberty. Whatever you choose there will be time to enjoy. Then you will be ready for a comfortable afternoon departure for a return home from your New York adventure.

SAVE THE DATES:

June: Visit Wells/ Ogunquit Maine, includes transportation. Lunch & Shopping on your own

June 5: Senior Day at Canobie Lake Park
FREE ADMISSION FOR SENIOR CITIZENS
Big Band Sounds by the Dave Whitney Band

June 18: Visit the Sand Sculpture Event (Sandcastles) at Hampton Beach, The Continentals perform 7:00-9:00pm

July: Duck Tour-Land and water historic tour aboard a famous duck boat

July 19: The Hay Day of the Big Bands Transportation, luncheon & Show. 11:30am –3:30pm

August 11: Foster’s Clambake Restaurant & 11:30 am Show - Michael Minor, singer, comedian, ventriloquist & celebrity impressionist

August: Skyline Lunch Cruise aboard the Odyssey, Boston, MA

September 1: Singin’ in the Rain at the North Shore Music Theater, Beverly, MA. 2:00pm Show

Citizen of the Year Award!



Our own Kay Maher receiving an award from the Tewksbury/Wilmington Elks in April.

Recycling

Submitted by Kay Maher

I have found someone who is collecting bottle caps so I will start taking them again along with all the other things. Thanks again!

Council on Aging Staff

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Council on Aging Board Members:

- Virginia Desmond-Chair
- Joel Deputat-Vice Chair
- Lorene Patch-Treasurer
- Joan Unger-Clerk
- Joanne Aldrich
- Marie Durgan
- Bob MacInnis
- Paul McNaught
- Patty Sasso
- Kathy Walsh
- Arlene Wright

**** Prizes for Our Readers ****

Find a mistake in this newsletter and you can win a prize! Enter your name and the mistake you found into the plastic container on Jan's counter and you could win a gift certificate to the Gift Shop. Good luck!

Winner from April is **Barbara Flanagan** - Congratulations!

Mistake on pg. 8, word search, Blossoms—spelled incorrectly—blosoms



**Older Americans Are Blazing A Trail
 Celebrate Older Americans Month in May**

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

We thought you'd find these stats about Older Americans Month of interest:

- When Older Americans' Month was first established by President John F. Kennedy in May 1963, there were 17 million Americans age 65 or older. As of 2014, there were 44.7 million Americans age 65+, and they account for approximately 14.5% of the U.S. pop. In the next 25 years 1 in 5 Americans will be an older adult.
- 10,000 Americans turn 65 each day, and this year marks the first time that members of the baby boomer generation will turn 70 years of age.
- Older Americans are more active and engaged than ever. 19% of older Americans are employed, and many of them, 4.9 million, have fulltime year-round jobs. This number has tripled since 1993. Furthermore, the number of Americans age 75 or older that are working has increased by 140%.
- It is estimated that by 2033 the number of Americans aged 65 or older will outnumber Americans aged 18 or younger.

Answers to last month's Sudoku

7	2	3	6	4	9	1	8	5
9	4	1	5	2	8	3	6	7
5	6	8	1	7	3	4	9	2
6	1	2	9	3	5	8	7	4
8	3	5	7	1	4	9	2	6
4	7	9	8	6	2	5	1	3
1	8	4	2	5	7	6	3	9
2	5	6	3	9	1	7	4	8
3	9	7	4	8	6	2	5	1

While Executive Office of Elder Affairs promotes the independence, empowerment, and well-being of older adults, individuals with disabilities, and their caregivers adults year-round, we see Older Americans Month as a way to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own.

According to Secretary of EOE, Alice Bonner, PhD, RN, "At Executive Office of Elder Affairs we share a vision where all adults and individuals with disabilities will have access to the resources they need to live well and thrive in every community in the Commonwealth. We encourage you to get involved by engaging in your community, participating in the dialogue about Older Americans month, and by blazing your own trail!"

www.800ageinfo.com/ 1-800-AGE-INFO (1-800-243-4636)

Discover OAM: Visit <http://acl.gov/olderamericansmonth>

Contact your Area Agency on Aging: Visit <http://www.> or call 1-800- 677-1116

WEEKLY SCHEDULE

Special events & schedule changes on page 7.

Golden Age Club News*Submitted by Nancy Zabawa***MONDAY**

AM 9:00 Forever Fit 9:30 Men's Yoga 9:30-11– Blood Pressure Clinic provided by Circle Home Health (Except 4th Monday, 11am-1pm) 10:15 Therapeutic Yoga	PM 12:30 45's 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga
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Our next LCR will be on May 27th. I am happy to say it will be here at the Senior Center!

GAC dues are now due! The GAC Office is open every Tuesday through Friday from 10:00AM until 2:00PM.

Drop off your dues during office hours. Otherwise please see Kay.

TUESDAY

AM 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Movin' & Grovin' Exercise 11:30- 4 Piecemakers for Charity	PM 12:45 ZINGO 1:00 Independent Painting 5:00 50's & Fit
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Elections are coming up. We will be posting a sign-up sheet on the GAC Bulletin Board.

Red Sox made a mistake on the tickets we are raffling so we are slashing the price to \$10.00! Such a deal! Be sure to take a chance on 2 choice tickets to the Orioles game on September 16th. It would make a great gift!

WEDNESDAY

AM 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class	PM 12:30 Cribbage 12:30 Mah Jong 12:40 Bone Builders #2 2:15 Gentle Chair Yoga
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We will be co-hosting a large Veterans benefit in September at the Tewksbury/Wilmington Elks. Stay tuned for details.

Our own Kay Maher was awarded "Citizen of the year", by the Tewksbury/Wilmington Elks! We are all very proud of her!

Spring is fast approaching – enjoy and stay healthy!

Cribbage*Submitted by Kay Maher*

After 15 weeks of play the winners are:
1st place: Roy Porter
2nd place: Michael Becker, Dennis Caprigno and Adele Ravagni
3rd place: Mary Chase and William McGeoghegan
We play every Wednesday at 12:30. Come Down and join us.

THURSDAY

AM 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works	PM 12:30 Experienced Yoga 12:30 Whist 1:00 Bunka Embroidery 2:00 Bone Builders #1 5:00 50's & Fit
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FRIDAY

AM 8:30 Walking Club 9:30 Bone Builders #3	PM 12:30 International Mah Jong
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SIGN UP FOR OUR FOOT CARE CLINIC

WHO: Catherine Languedoc RN BSN, CFCN
(Certified Foot Care Nurse)
WHEN: 3rd Thursday of Every Month
WHERE: Senior Center Nurses Office
COST: \$30 accepted at time of appt.



A special thank you to the **Executive Office of Elder Affairs** for supporting our newsletter!

Call Jan at 978-640-4482 to make an appointment

Friends of the Elderly, Inc.*Submitted by Linda Brabant*

Tickets for the Thursday, May 5th Mohegan Sun trip may still be available. The next casino trip is to Foxwoods on Wednesday, June 1st. The cost is \$35 and includes a casino package and driver gratuity. If, on the Friends Casino trips, there are 40 paying passengers, a \$5 cash refund will be distributed on the bus. For more info call Linda at 978-851-4243.

The Friends Tuesday Zingo activity is now being held back at the Senior Center beginning at 12:45 PM. Please note the time change. Also, one is reminded that the Golden Age Club holds its meeting and its own Bingo on the second Tuesday of the month.

Once again we thank the Tewksbury-Wilmington Elk Members for letting us use their hall for Zingo while repairs were underway at the Senior Center. Thank you to Elk members Joan and Jerry for helping with this activity.

A note of thanks is extended to all those Seniors who helped with the recent Friends Yard Sale and Cribbage Tournament. As always your services are valuable and appreciated.

You may want to mark your calendars for Sunday, June 12th which is the date of the Friends Breakfast Benefit. The event is held at the Senior Center from 7:30 to 11:00 AM. Tickets are available at the door at \$7 for adults, \$3 for children 12 and under. Toddlers are free. Hope to see you there!

Friends of the Elderly trip and event tickets are available for purchase mornings from 8:15 to Noon Monday through Friday.

**REMEMBERING OUR FALLEN SOLDIERS THIS
MEMORIAL DAY FOR THEY HAVE MADE THE
ULTIMATE SACRIFICE FOR OUR FREEDOM –
GOD BLESS AMERICA
GOD BLESS OUR MILITARY MEN & WOMEN**

Red Hat News*Submitted by Diane Joy*

Dear Red Hatter, do you know there are three times a year when you can wear your colors in reverse? During your entire birthday month, your Chapter's birthday month, and the Red Hat Society's birthday month of April. So switch it up and have some fun! (per Mary Lu's Gift Shop, Inc.)

Upcoming Event Dates:

Wednesday, May 18, 2016 @ 6:00 PM. Italian Dinner and Buffalo Bingo.

Wednesday, June 15, 2016 @ 6:00 PM. Elegant Tea Party. This will be a Formal Tea Party. Catered with tea sandwiches, tea treats, and of course, tea. More information will be coming.

Enjoy the month of May!

Please contact the Queen Mother or any Board Member if you know of a Red Hat sister that may be ill, or has undergone surgery, etc. A card can be sent with all of The Red Hat Carnation Belles' best wishes in it!

Tewksbury Senior Bowling League*Submitted by Kathy Walsh– League Coordinator*

The Tewksbury seniors have just completed their first bowling season and capped it off with an after-party at Wamesit Lanes. All agreed that despite the gutter balls, the "oh no's" and "ah's", there were a lot of laughs, new friendships made and a great time was had by all. Everyone is looking forward to our second season starting in October. Oh yah... everyone took home a little 'bowling bag' as a souvenir!

Enjoy the summer... see you in the fall!



**Elder Services of the Merrimack Valley
May 2016**

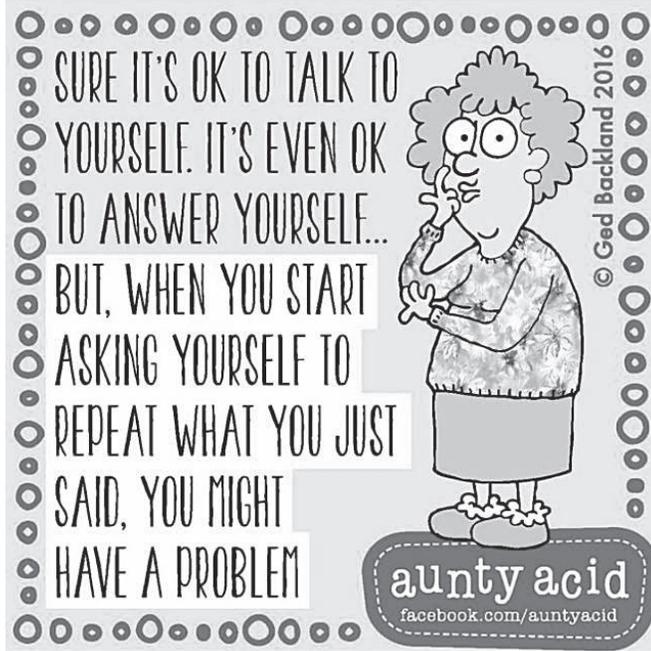
Lunch Menu for On-site Dining & Meals on Wheels Delivery (\$2.00 Donation)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Fish with Lemon Sauce Vegetable Brown Rice Broccoli Florets Natural Grain Bread Rice Pudding/Diet	3 American Chop Suey with Parmesan Cheese Green Beans Italian Scala Bread Fresh Fruit (cantaloupe)	4 Spinach & Mushroom Frittata w/ Cheese Potatoes O'Brien Carrots Oatmeal Bread Sliced Peaches	5 Cinco de mayo Special Pulled Pork Tacos Spanish Rice & Beans Corn Soft Taco 1pc Mandarin Oranges	6 Mother's Day Special Chicken Cordon Blue Red potatoes (sour cream) Herbed Peas Dinner roll Lemon Cookie
9 Hamburger w/Cheese on the Side Potato Wedges Mixed Veggies WW Hamburger Roll Mixed Fruit	10 Baked Salmon w/ Dill Sauce Brown Rice Pilaf Brussel Sprouts Honey Wheat Roll Sliced Pears	11 BBQ Chicken Roasted Potatoes Creamed Spinach Biscuit Chef's choice dessert	12 Roast Turkey with Gravy Mashed Potatoes Stuffing 2oz Carrots & Turnip Dinner Roll Cookie	13 Stuffed Shells w/ Marinara Sauce Italian style green beans Italian Scala Bread Fresh Fruit (orange)
16 Oriental Pork Soy&Ginger Sauce White Rice Asian Blend Vegetables WW Bread Diced Pineapple	17 Breaded Chicken Roasted Sweet Potatoes Cauliflower w/Cheese Sauce Natural grain Bread Brownie	18 Turkey Tetrazzini with mushrooms Chef's Choice Pasta Peas WW Dinner Roll Fresh Fruit	19 Popcorn Chicken Honey Mustard Sauce Green Beans Mashed Potatoes Oatmeal Bread Mixed Fruit	20 Sweet Potato Pollock Brown Rice Corn & Red Peppers Natural Grain Bread Yogurt
23 Pasta Primavera with Chicken Sautéed spinach Italian Scala Bread Sliced Peaches	24 Yankee Pot Roast Jardinière Gravy Green Beans Mashed Sweet Potatoes Dinner Roll Pudding/Diet	25 Low Sodium Hot Dog Low Sodium Beans Chef's Choice Vegetable WW Hot Dog Roll Mandarin oranges	26 Swedish Meatballs Egg Noodles Broccoli WW Dinner Roll Fresh Fruit (banana)	27 Baked Fish with Dill Sauce Brown Rice Pilaf Capri Blend Veggies WW bread Fruit loaf
30 No Meal Served Memorial Day	31 Chicken Salad Potato Salad Cucumber & Tomato Salad Hot dog bun Cookie			

MAY 2016- SCHEDULE CHANGES & SPECIAL EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 2-6pm Intake for Upscale Consignment Shop	3	4 3-4pm Technology Instruction (Every Wed)	5 7am Mohegan Sun Trip 10am- Home Im- provement Con- tractors Seminar	6 9:30—11am Parkinson's Support	7
8	9	10	11 10am Bereavement Group	12 9:00am Men's Group 10-2pm SHINE Appointments	13	14 2pm "AGE OF LOVE" Film Screening
15	16 10am MS Support Group	17	18 12:30pm COA Board Meeting 7pm Red Hat Dinner & Buffalo Bingo	19 8:30am- 3:30pm Foot Care Clinic 1pm- Aging & Vision Loss Semi- nar	20 12-3pm Volunteer Reception	21 7pm Silvertones Dance
22	23 10am Sen. L'Ital- ien Office Hours 12pm DJ Afternoon Dance	24 10-11am Brown Bag Pickup for partici- pating seniors	25 9-11am Hearing Clinic	26 9:00am Men's Group 10-2pm SHINE Appointments	27 12:30pm LCR Game Day Float Decorating Day	28
29	30 HOLIDAY- Center Closed Memorial Day Parade Ride the Senior Float!	31 9:30am Rep Miceli Office Hours				

LET US PLACE YOUR AD HERE.



HAHAHAHAHAHA

An elderly gentleman had serious hearing problems for a number of years.

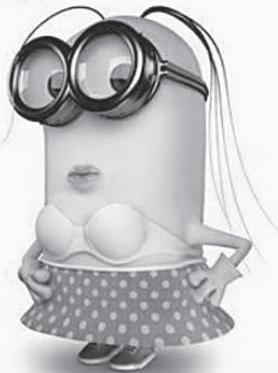
He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

The gentleman replied, " Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

Just once, I would like to read a medication label that says:

Warning, may cause permanent weight loss, remove wrinkles & increased energy!



MEMORIAL DAY WORDSEARCH

Y	R	A	W	R	M	E	S	N	G	U	E	N	T	H
F	N	Z	C	E	E	O	C	R	G	T	O	N	N	O
R	O	O	D	K	L	S	A	I	U	K	E	S	K	N
E	W	A	M	D	N	T	P	L	V	M	X	F	O	O
E	L	R	I	E	I	O	A	E	U	R	W	M	B	R
D	J	E	E	T	R	S	W	N	C	J	E	G	S	Y
O	R	D	U	A	H	E	O	L	G	T	A	S	E	R
M	Z	D	R	J	T	M	C	W	E	W	Z	D	R	E
C	E	B	Y	Q	O	H	B	C	A	D	D	F	V	T
C	O	M	M	E	M	O	R	A	T	E	G	B	A	E
X	K	E	T	U	B	I	R	T	Z	L	Z	E	N	M
L	B	W	E	B	C	V	E	T	E	R	A	N	C	E
C	N	E	P	R	Z	I	S	S	X	T	X	T	E	C
T	R	O	O	P	S	C	M	I	F	X	O	Q	U	V
Y	R	A	T	I	L	I	M	Y	F	H	D	E	I	M

ACKNOWLEDGE	GRATITUDE	OBSERVANCE	TRIBUTE
CEMETERY	HONOR	RESPECT	TROOPS
CEREMONY	MEDAL	SALUTE	VETERAN
COMMEMORATE	MILITARY	SERVICE	WAR
FREEDOM	MONUMENT	SOLDIER	WREATH

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Sudoku

The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 4x4 box contains the same number only once.

4	3	8	7	6		1		2
2				9		5	3	
					2	6		8
		4		2	3		5	
3						8		
6								
		5		1		3		9
	1						8	
9			6				7	

HAPPY BIRTHDAY ANNA!!
Submitted by Martha Marshall

Congratulations to one of the kindest, most loved Seniors at the Tewksbury Senior Center, Anna Kemp who recently celebrated her 90th Birthday!! Born on March 14, 1926, Anna was third in line of 11 children, growing up in East Boston with 6 brothers and 4 sisters! No wonder "family" has always been a big part of Anna's life!

Anna left school at the age of 16 for her first job at the Marine Hospital. She worked throughout her life ending her career after 20 years at Polaroid Corporation in both Cambridge and Waltham.

Married at age 22, Anna and her late husband, Edward, were married for 42 years. They had one son, also Edward, but not Junior, 3 Grandchildren, and 4 Great-Grandchildren. Never one to be idle, Anna got her driver's license at age 44 and continues to drive today.

Anna's youthfulness at age 90 has nothing to do with genealogy (her parents passed in their 40's and 50's), but rather with ATTITUDE! She seizes every opportunity to experience new things. She has travelled with her nieces and nephews to Atlantic City, Hawaii, Australia, and England! She takes advantage of Exercise classes and Line Dancing Classes at the Tewksbury Senior Center to keep herself physically fit. Anna is a member of the Craft Class, and works in the kitchen at Yard Sales and for Breakfast Events to maintain social contact and to "give back to the Tewksbury Community".

To top it all off (pun intended) she is a member of "TOPS" to keep herself nutritiously fit.

Thank you Anna, for setting the example for all of us to follow so that we will be here to celebrate your 100th Birthday!!



FREE MONTHLY HEARING CLINIC— 4th Wednesday of Every Month

Call for an Appointment

Provides Free:

- Hearing screenings
- Basic hearing aid repairs
- Hearing aid cleaning
- Hearing aid programming if software is available.



***NEW* BEREAVEMENT SUPPORT GROUP**

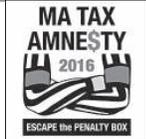
2nd Wednesday of Every Month
 Beginning May 11th at 10:00am

This group is open to everyone who has experienced a loss.
 You may sign up ahead of time or join the day of the meeting.

April 1 – May 31, 2016

It's Time to Catch Up On Back Taxes

MA TAX AMNESTY 2016 will be open to all individuals and businesses to catch up on back taxes and save on penalties. This program will allow you to:



- File delinquent returns or amend prior tax filings.
- Pay only the tax and interest you owe. Tax penalties and any interest due on those penalties will be waived.
- Benefit from a three-year limited lookback period on unfiled returns.

SPRING/ SUMMER SPEAKER SERIES

Thurs May 5th, 10AM– Home Improvement Contractors, presented by Robin Putnum of the MA State Office of Consumer Affairs & Business Regulation

Thurs May 19th, 1PM– Aging & Vision Loss, presented by Carol Curdo of the MA Association for the Visually Impaired

Thurs June 2nd, 10AM– The Homestead Act™ Learn How to Protect Your Assets, presented by Attorney Christine Bernardini

Thurs June 30th, 10AM– Online Safety & ID Theft, presented by Robin Putnum of the MA State Office of Consumer Affairs & Business Regulation

Stop by the Senior Center or call for a detailed description of each presentation

FREE

More presentations will be added throughout the summer... keep checking back!

Refreshments





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 Counselor & Attorney-at-Law
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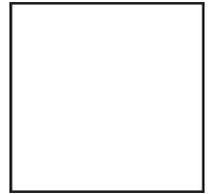
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We would like to acknowledge those who have experienced an injury, illness, hardship or loss. If you know of anyone who should receive a card, email Kathy at kwbraelyn@verizon.net or call Jan at the Senior Center 978-640-4480.

Important Telephone Numbers for Seniors:

Ambulance	911
Alzheimer's Association	1-800-548-2111
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275
MA Office of Elder Affairs	1-800-882-2003
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach	1-866-633-1617
Social Security	1-800-772-1213
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