



Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

P: 978-640-4480 F: 978-640-4483

NOVEMBER 2016

Volume 08 Issue 11



UPDATES AND FRIENDLY REMINDERS FROM THE OFFICE STAFF

On October 17th we had District Attorney, Marian Ryan here at the Senior Center. She was here to discuss the far-reaching effects of the public health epidemic or opioid crisis and specifically how it directly impacts our seniors. Joining her was Tewksbury Police Chief, Timothy Sheehan and many others who are working diligently in our community to combat this issue. It was a powerful and moving presentation as a young woman from Billerica and her grandmother shared their story. We would be happy to share information we received from the presentation with anyone who is interested and was not able to attend.

Tewksbury Seniors Receive Award from Community Teamwork (CTI) - Community Teamwork, Inc. is a community action agency located in Lowell. They run the Senior Volunteer Program (SVT) and Retired Senior Volunteer Program (RSVP). We have several Tewksbury seniors who have been actively involved. In October, Nicole Hutcheon was delighted to attend CTI's Volunteer Appreciation Luncheon. It was a wonderful opportunity for Nicole to express her thanks to all of the volunteers for their commitment to serving the community. Nicole presented Marie Durgan with a 25 Year service award and accepted a 30 Year service award for Lucy LaBella who was not able to attend. Also in attendance was Marjory Moulaison who was presented with a 5 Year service award. Congratulations and well done ladies.

Election Day— The Senior Center will be closed for all regularly scheduled activities on Tuesday, November 8 due to the election. The Senior Center will only be open for voting. The Gift Shop will be open to the public during voting hours. There will be **NO salad bar** the week of November 7th due to the election. Meals on Wheels will be delivering meals but there will be NO congregate meals served on November 8th. Please note the Senior Center will be closed on Veteran's Day, Friday, November 11th and of course Thanksgiving Day, Thurs., November 24th.

Healthy Living with Haylee nutrition talks have been a wonderful resource to those who been attending. Haylee is a graduate student who has been working at the Senior Center. She has been a valuable and knowledgeable asset to us. Haylee will only be here until the end of November. So, if you haven't already, take advantage of her nutrition talks or say hello when she is here on Wednesdays helping with the salad bar. See page 9 for details on her meetings.

We wish everyone a happy, healthy and safe Thanksgiving.

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Senior Center Hours:

Monday– Friday
8:00AM until 4:00PM
We will also be open for all
scheduled activities outside
regular hours.

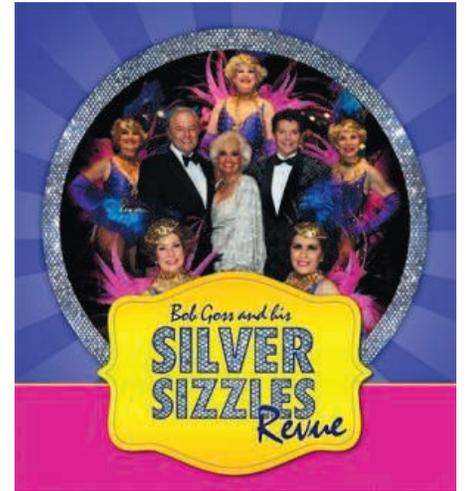
DAY TRIPS

Friday, November 18: A "Silver Sizzle" Revue has it all! It's a mix of song, dance performances and gut busting comedy all performed by an 8 person cast all over the age of 50! Luncheon and show at Luciano's Lake Pearl located in Wrentham, MA. \$85 per person includes round trip bus transportation and holiday roast turkey dinner with all the fixings (turkey, gravy, cranberry sauce, potato, stuffing, vegetable, dessert, coffee/tea).

Sunday, December 11

Join us for the 26th annual production of
At the North Shore Music Theatre

\$70.00 per person includes round trip transportation and show ticket.
Show Time 2:00pm.



Join us for the 26th annual production of A CHRISTMAS CAROL, New England's brightest holiday tradition! This brilliant musical, based on the **Charles Dickens Classic**, is an original adaptation written specifically for North Shore Music Theatre by former Artistic Director, Jon Kimbell. With dazzling special effects that have grown even more exciting over time, traditional and original songs, and colorful costumes, this award-winning production of A CHRISTMAS CAROL has been seen by more than one million people since its debut in 1989.

MARK YOUR CALENDAR!

Methuen Festival of Trees—Sun., November 20th
Senior Day—Admission is FREE for Seniors
Stayed tuned for more details

OVERNIGHT TRIP

WAIT LIST ONLY

Christmas at the Newport Mansions

The Breakers and The Elms

December 1–2, 2016

We are going to Rhode Island to see these two beautiful mansions decorated for the Holiday Season!



ELKS LODGE TURKEY DINNER/VETERANS BREAKFAST

Tickets are available for the Senior Turkey Dinner provided by the Tewksbury/Wilmington Elks Lodge. The dinner is being held on November 10th, doors open at 5:30 and dinner will be served at 7:00pm. There will be dancing and raffles! Transportation will be provided to those needing a ride to the Elks. Sign up and tickets are available now at the Senior Center. You can request a ride when signing up.

Also on November 10th, a FREE Veteran's Breakfast is being held at the Senior Center at 9:00am. The breakfast is open to all Veterans who served and their spouses. Surviving spouses are welcome. Call Nicole or sign up at the reception desk at the Senior Center to reserve a seat as space is limited.

PLANS FOR 2017

Plans are underway for the 2017 Calendar of Trips and it promises to be another fun and exciting year! Due to popular demand, we may offer a few repeat trips; Historical Trip to Lexington & Concord with lunch at the Colonial Inn, The Boston Duck Tour and The Spirit of Boston Skyline Lunch Cruise.

We will be sure to have a mix of days trips; luncheon & shows, historic tours, museums, plays, and plenty of shop-portunities and more!

Two over-night trips are in the planning stage for 2017; New York City in the late spring-early summer and a trip to Vermont in late September-early October.

The list is endless as to the many trips, activities and tours we can do. Do you have a suggestion for places you would like to go or see? Drop a note into the suggestion box located just outside of the office suite. We would love to hear from you!

Council on Aging Staff

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Council on Aging Board Members:

- Joel Deputat-Chair
- Patty Sasso-Vice Chair
- Bob MacInnis-Treasurer
- Kathy Walsh-Clerk
- Joanne Aldrich
- Marie Durgan
- Linda Layne
- Lynn Murphy
- Lorene Patch
- Joan Unger
- Arlene Wright

Answers to last month's Sudoku

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

Fuel Assistance 2016-2017

If you need assistance filling out your form please contact Nicole Hutcheon at 978-640-4480 to make an appointment.

New Applicants coming in it will be necessary for you to bring the following information/documents:

Identification: Driver license or legal photo ID. If unavailable you must provide birth certificate and social security card.

Home Owners: Copy of mortgage if you still are making payments, current tax bill, and a copy of homeowner's insurance.

Renters: Copy of lease and proof of rent payments.

Proof of income: Current social security aware letter, pension statement (if applicable), and statement from all other sources of income.

Utilities: Electric bill, gas and/or oil bill and telephone bill.

Previous Applicants coming in will be necessary for you to bring the following information/documents:

Proof of income: Current social security aware letter, pension statement (if applicable), and statement from all other sources of income.

Utilities: Electric bill, gas and/or oil bill and telephone bill.

FAMILY SIZE	MAXIMUM ANNUAL GROSS INCOME
1	\$34,001
2	\$44,463
3	\$54,925
4	\$65,387
5	\$75,849
6	\$86,311

Caregiver Support Group

Facilitated by Nicole Hutcheon

Date: 1st Tuesday of every Month

(Starting in September)

Time: 9:30am-10:30am

Location: Conference Room

Are you looking for a place where you can feel understood and supported as you share you stresses, challenges and rewards of providing care for a loved one?

The Gift Shop on Chandler Street

The Gift Shop has many new fall and winter items and decorations. For your convenience they also have postage stamps for sale. Spread the word, come in and check it out!



DJ Jon Mansfield is at the Senior Center on the last Monday of every month for a **daytime dance**. Sign-up by Wednesday of the week before and lunch will be included in the \$5 ticket cost. Tickets are also available at the door.

Thank you **Peregrine's Landing of Tewksbury** for preparing such a delicious meal for this event each month!

Salad Bar - Tuesdays & Wednesdays—11:30am to 12:30pm right here at the Senior Center, you can enjoy a lunch time salad bar. This is a fresh and healthy lunch option at a very affordable price; for seniors- salad \$2/\$4 and a 12oz soup \$2. Thank you to all of the wonderful volunteers who make it happen every week. If you would like to help with the salad bar, please see Ashley or Jan. There are volunteer opportunities on Mondays, Tuesdays and Wednesdays.



NO SALAD BAR WEEK OF NOVEMBER 7 DUE TO THE ELECTION

WEEKLY SCHEDULE

Special events & schedule changes on page 7.

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
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 11:30-12:30 Salad Bar	PM 12:30 ZINGO 1:00 Independent Painting 5:00 50's & Fit
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 11:30-12:30 Salad Bar	PM 12:30 Cribbage 12:30 Mah Jong 12:40 Bone Builders #2 2:15 Gentle Chair Yoga
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
FRIDAY	
AM 8:30 Walking Club 9:30 Bone Builders #3 10:45 ZUMBA Gold	PM 12:30 International Mah Jong

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

Golden Age Club News

*Submitted by Rose McKenna,
Vice President*

I didn't realize how the months went by until I had to write for the Newsletter each month! The Golden Age Club had their October meeting with their new board of Directors. The new board was introduced and welcomed.

We would like to share the wonderful Idea that our Chaplain has come up with. For each deceased member of the GAC we will have leaves made for the Tree of Life. The Tree of Life is located on the wall in the café area at the Senior Center (across from the new salad bar). This beautiful wall art is meaningful remembrance. Many of us already have leaves on this tree with the names of relatives & friends and every time we go by it we think of our loved ones.

The GAC is interested in hearing about anything you may like us to know about and are open to suggestions as to anything you would like us to do. Feel free to drop a note with any important information or suggestions you may have in the GAC Office. Our office is open almost everyday. GAC Meetings are always held the second Tuesday of each month. Our Next meeting date is November 8th at 12:30p.m. Please come and join us.

Golden Age Club News

Submitted by Nancy Zabawa

At the last BOD Meeting it was suggested to put a \$2,000 cap on our scholarship awards. It was not unanimous but was a majority vote. It was then brought to the GAC members at the October meeting. This new policy was accepted. Therefore, moving forward, each year \$2,000 will be divided evenly to however many applicants apply for our scholarship. In 2014, 2015 & 2016 we gave out \$7,500 in scholarships. This new policy will provide us some relief financially.

Also, it was brought to our attention that homebound seniors are not able to keep up with what is going on financially. All updates are given at monthly meetings. Individuals who are not able to attend meetings can contact the financial secretary or the treasurer. They would be happy to update you.

LCR—November 18. Sign up sheet is on the table at our bulletin board. Lunch is \$5. Bring \$3. in quarters to play. There were 192 members who renewed their GAC Memberships this year!

Friends of the Elderly, Inc.
Submitted by Linda Brabant

This month's Foxwoods day trip will be held on Wednesday, November 2nd. There may still be some seats available on this trip. The casino day trip cost is \$35 and includes motor-coach transportation, a casino package and the driver gratuity. Next month's trip will be to Foxwoods on Monday, December 5th. Tickets will go on sale Monday, November 7th.

We are very sorry that the last two Friends Breakfast Benefits at the Senior Center had to be canceled and we apologize for any inconvenience it caused.

There WILL BE a Breakfast Benefit held on Sunday, November 6th. This event will be held from 7:30 to 11:00 AM with admission being \$7/adult, \$3 for children 12 and under and toddlers are free. The menu includes: scrambled eggs, pancakes, bacon, sausage, beans, home-fries, toast, a fresh fruit cup and beverages. This breakfast will be our last breakfast of the year and will help support the Friends Holiday events at the Senior Center. Hope to see you there!

The Friends Annual Christmas Dinner/Dance will be held on Friday, December 2nd. A dinner buffet catered by the Village Inn will take place at 6:00 PM. Tickets are \$20/person and are now available. The menu for the evening is: steak tips, baked haddock plus a chicken entree, salad, mashed potatoes, butternut squash, rolls, tea/coffee and dessert. The Perfect Match Band will provide dancing music. Please note that ticket sales will end on November 23rd.

The Friends New Years Eve Celebration will be held, of course, on Saturday, December 31st. The cost will remain the same as last year at \$50/person. A dinner buffet catered by the Village Inn will take place at 7:00 PM. The menu will be identical, due to popular demand, as the Christmas dinner with the exception of Prime Rib rather than steak tips. The evening will also include all the novelties to bring in the New Year 2017. The theme of the night will be "at the casino"! Please note that ticket sales will end on December 22nd.

Tables of 10 may be reserved for both Christmas and New Years. There will be a seating plan for both events so please indicate if you have a preference on whom you would like to sit with and we will try our best in arranging the seating.

Happy Thanksgiving & God Bless America!

**** 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!

**November Winner is
Rose McKenna**

Mistake on Page 3, typo on the day of the SHINE Fair, Friday, October 20 should have read Thursday, October 20
Congratulations!
Stop by the office to receive your prize.



The SHINE Program provides information to elders and disabled adults to help them understand Medicare benefits and other health insurance options. Tewksbury residents can make an appointment by calling 978-640-4480.

Recycling

Submitted by Kay Maher



I will not be taking tea bag tags until further notice.

November 2016 Lunch Menu- Served daily at the Senior Center Elder Services of the Merrimack Valley

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Special: Turkey Broccoli Casserole Egg Noodles Beets Dinner Roll Pumpkin Cookie	1 Baked Fish Roasted Sweet Potatoes Mixed Vegetables Wheat Bread Yogurt	2 Soup Lemon Pepper Chicken Brown Rice Peas Honey Wheat Roll Sliced Peas	3 Meatloaf Gravy Green beans Mashed potatoes NG Bread Fresh Fruit (orange)	4 Stuffed shells Marinara sauce Spinach Italian Bread Mixed fruit
7 Chicken Drumstick Sweet n Sour Sauce White Rice Asian Blend NG Bread Fresh Fruit (pear)	8 Alfredo Lasagna Zucchini Diet Gelatin Italian Bread	9 Soup Hamburger W/Cheese Potato Wedges Carrots Hamburger Roll Mandarin oranges Ketchup and Mustard	10 Birthday Beef Stew with vegetables Steamed Potatoes Biscuit Birthday Cake	11 Veteran's Day No Meal Service
14 LS Hot Dog Pork Baked Beans Chef's Choice Veg Hot Dog Roll Fresh fruit (Orange) Ketchup, Mustard, Relish	15 Chicken Bruschetta Pasta Broccoli Pudding/Dt pudding Italian Bread	16 Soup Vegetable and Cheese Frittata Vegetable Orzo Peas Sliced Peaches NG Bread	17 Thanksgiving Special Turkey with Gravy Mashed Potatoes Stuffing Green Bean Casserole Dinner Roll Cranberry Sauce Assorted Pie	18 Macaroni & Cheese w/Crumb Topping Brussels Sprouts Honey Wheat Roll Sliced Peas
21 Baked Chicken Gravy Rice Pilaf Corn & Red peppers NG Bread Cookie/Grahams	22 Baked Ham Raisin Sauce Mashed Potatoes Carrots Dinner Roll Pineapple	23 Soup Pasta and Meatballs Marinara Sauce Zucchini Mandarin Oranges Italian Bread	24 Thanksgiving Mo Meal Service	25 Baked Fish Sweet Potatoes Cauliflower Wheat Bread Fresh Fruit (banana)
28 Sliced Pork Gravy Butternut Squash Rice Pilaf Wheat Bread Applesauce	29 Shepherd's Pie (Ground Beef, Gravy, Mashed Potatoes and Corn) Italian Bread Fresh Fruit (Orange)	30 Soup Chicken Cordon Blue Roasted Potatoes Peas WW Dinner Roll Mixed Fruit		

NOVEMBER 2016- SCHEDULE CHANGES & SPECIAL EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30am Caregivers Support Group	2 7am Foxwoods Trip	3 10:00am Parkinson's Support Group	4 10am Nutrition Talk 1-3pm Fall Prevention Clinic	5
6 7:30-11am Friends of the Elderly Breakfast	7 2-6pm Intake for Upscale Consignment Shop Bone Builders All other activities cancelled due to election	8 ELECTION DAY NO ACTIVITIES <i>NO congregate meals</i> <i>Meals on wheels delivery only</i> NO Salad Bar	9 10am Bereavement Support Group NO Salad Bar	10 9:00am Men's Group 9-11 Veteran's Breakfast	11 HOLIDAY CLOSED	12
13	14	15	16 12:30 pm COA Board Meeting	17 8:30am Foot Care Clinic	18 10am Nutrition Talk 12:30pm—GAC LCR Game Day 7pm Silvertones Dance	19
20	21 10am MS Support Group	22 10-11am Brown Bag Pickup for participating seniors	23 9-11am Men's Group	24 HAPPY THANKS-GIVING CLOSED	25 All Activities Cancelled	26
27	28 10am Sen. L'Italien Office Hours 12pm DJ Dance	29 9:30am Rep Miceli Office Hours	<p>TRANSPORTATION: You should call the Senior Center to schedule a ride for:</p> <ul style="list-style-type: none"> In-Town Errands and Medical Appointments Our Friday Morning Trip to Market Basket (occurring weekly) A Ride to Wilmington— Medical Appointments Only Long-Distance Medical Appointments, such as Boston & Burlington (Provided with the help pf the Dracut COA— additional fees may apply) 			

LET US PLACE YOUR AD HERE.

Sudoku

The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

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



A recent study has found that women who carry a little extra weight live longer than the men who mention it.



Tom's family receives the horrible news.

WORD SEARCH

Find and circle all of the words that are hidden in the grid. The remaining 26 letters spell a popular Thanksgiving Day event.

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

- | | | |
|-------------|-----------------|--------------|
| ANNUAL | GRAVY | REUNION |
| AUTUMN | HARVEST | SQUASH |
| CELEBRATION | HOLIDAY | STUFFING |
| CORN | LONG WEEKEND | SWEET POTATO |
| CRANBERRY | MASHED POTATOES | THURSDAY |
| FAMILY | MEAL | TRADITION |
| FEAST | NOVEMBER | TRAVEL |
| FESTIVAL | PARADE | TURKEY |
| FOOD | PILGRIMS | WAMPANOAG |
| FOOTBALL | PLYMOUTH | YAMS |
| FRIENDS | PUMPKIN PIE | |
| GATHERING | RELATIVES | |

Red Hat News

Submitted by Diane Joy

Attending our Buffalo Bingo night on September 21st were visitors: Bernice Russo, Georgia Vogel, Debra Russo, Annette Vataliano (my apologies if I missed anyone or spelled your name incorrectly). Welcome to you all! We hope to see you at future events, and possibly joining the Red Hat Carnation Belles.

Have you noticed there isn't a Red Hat Christmas Tree for our Christmas in July? Even though there isn't a tree, we are still taking donations! Last year we raised almost \$800, and they were able to purchase meat with that money (instead of non-perishables). We contributed in making someone less fortunate put a full meal on their table! This year we are taking \$10 donations. Let's see if we can top what we raised last year!

Please return your **Carnation Belles Red Hat Society** Questionnaire at the next meeting.

If anyone hasn't paid their dues yet, please pay at the next meeting. Dues are still \$5.00 per year.

UPCOMING MEETING DATES:

Just a note: Please be sure to purchase a ticket(s) for each Red Hat event you attend. Even though I have been neglecting to mention tickets (sorry), they play an important role. This lets us know how many to set-up for; chairs, snacks, etc. (very important!). This is ESPECIALLY important when something is being catered. Thank you.

NOVEMBER: We would like to do something different in November. Different day, different time, different place! Look out ladies, we are changing it up! Here goes . . . MONDAY, November 14th, Red Hat Brunch. 11 am to 1 pm at Cracker Barrel in Tewksbury! There will be a raffle held on this day. This is a "pay your own" event. In other words, there will be individual checks for each order, so you can eat as little, or as much, as you want. We will car pool from the Senior Center. If you would like to car pool, please arrive at the Senior Center by 10:30 am. Please wear your **Purple** and **Red!**

DECEMBER: Red Hat Christmas Dinner. Wednesday, December 7th from 6 pm to 9 pm. (However, please check postings at the Senior Center. At our last meeting, we were not sure of the exact date). The Village Inn will be catering. It is important that you purchase your tickets for this event, so we can tell the Village Inn how many people will be in attendance.

Future Dates: January 18, 2017 – Zingo
February 17, 2017 –
14th Anniversary

A Fond Farewell to Cynthia Trudeau. Cynthia was a Board Member of the Carnation Belles, and a great asset to not only the Red Hats, but other organizations she was involved with. We wish you the best in your new home. Look out Ocala Red Hat Members, Cynthia is coming!

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!



WE ARE SORRY TO REPORT THAT THE WIFI AT THE SENIOR CENTER IS NOT CURRENTLY WORKING. WE WILL LET YOU KNOW WHEN ITS BACK.

HEALTHY LIVING WITH HAYLEE



University of Lowell, graduate student, Haylee will be holding a series of open discussion groups featuring a variety of health topics in October and December. Snacks provided! Feel free to drop in. Hope to see you there! Here is a list of what's happening in November.

Friday November 4th: Kidney Health, 10-11:30am

Friday, November 18th: Improving Memory, 10-11:30am



We wish to extend our thanks to Circle Home Health Care for providing us with free blood pressure checks on Mondays. Thank you for providing our seniors with this valuable service.



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1 Dewey Street - Corner of Main Street (Rt. 38) • Tewksbury, MA 01876

1-800-851-2950 Toll free in MA • (978) 851-2950 • (978) 851-2061

FTH

Joel W. Deputat

Walter J. Deputat - founder

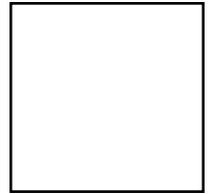
Dennis W. Graham



For ad info. call 1-800-477-4574 • www.4lpi.com

Tewksbury Senior Center, Tewksbury, MA 06-5182

Tewksbury Senior Center
175 Chandler Street
Tewksbury, MA 01876



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
Tewksbury Fire Department	978-640-4411
Tewksbury Food Pantry	978-858-2273
Tewksbury Police Department	978-640-4385

Elder Service of the Merrimack Valley
1-800-892-0890

Senator Barbara L'Italien

State House Room 413-CV
Boston, MA 02133
Phone: 617-722-1612
Email: Barbara.L'Italien@masenate.gov

Representative James R. Miceli

State House Room 237
Boston, MA 02133
Phone: 617-722-2305
Email: James.Miceli@mahouse.gov

Representative James J. Lyons, Jr.

State House Room 443
Boston, MA 02133
Phone: 617-722-2460
Email: James.Lyons@mahouse.gov

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.



IT'S IMPORTANT TO KEEP IN TOUCH!

We would be happy to mail you a copy of our newsletter, "SENIOR MOMENTS" each month...for only the cost of postage! Simply fill in the information requested below.

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Make check payable to: *Town of Tewksbury/COA*

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175 Chandler Street
Tewksbury, MA 01876

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