

Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

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

November 2014

Volume 06 Issue 11

INSIDE THIS ISSUE:

Photos From Recent Activities & Trips... Pg. 2

Meet the Staff... Pg. 3

Editor's Note... Pg. 3

Special Events... Pg. 4

Club News... Pg. 4-5

Monthly Calendar... Pg. 6-7

A Message from Jan... Pg. 8

Word Search... Pg. 8

Comedy Corner... Pg. 8

Lunch Menu... Pg. 9



A Message From Council on Aging Director

Ashley Stuart, MS, LSW



As many of you may already know, last month we brought back the **Fred Manzi Band** and it was a huge success!! So this month we are bringing them back... and started the evening with an Italian Feast. Join us at 5PM for pasta, raviolis, salad, garlic bread and dessert. The cost is \$10 for dinner and \$10 for the dance. You may chose to come to the dinner only, the dance only or both. The dance begins at 7PM. So far, we have gotten a great response for this event and hope that you can join us! I am also very excited to announce that we are now carrying **BURT'S BEES** products in our Snooti Patooti Gift Shop! We have various types of lip balm and lip color, a number of baby products and skin care for everyday and products for that man in your life. I hope that you like these new additions and ask for ideas on other items you'd like to see in the shop.

Make sure you stay active and involved as the days get shorter and the weather gets colder. Often times, it easy to get discouraged as the winter months get closer. Rather than staying home, come by the Senior Center, where there is always something to do and people to meet!



The Importance of Veterans Day

Submitted by Lisa Downey, Veteran Service Officer

It's important that all Americans know the history of Veterans Day so we can honor our former and current military members accordingly. Veterans Day is important because it shows respect to our veterans for what they have sacrificed and have done for our country.

World War I, known at the time as "The Great War", officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars."

In November 1919, President Wilson proclaimed November 11th as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

This year's Veterans Day Ceremony will take place November 11th 11am at the town common.



Duck Tour- July 2014



Quilt Show- October 18-19th



CTI VOLUNTEER APPRECIATION LUNCHEON 2014



FRED MANZI BAND- SEPTEMBER



Power of Flowers- Delivery to Homebound Seniors



TRIAD EVENT- Fraud & Scam Prevention

Meet the Staff at 175 Chandler**Council on Aging- (978) 640-4480**

Ashley Stuart, MS, LSW
Council on Aging Director
astuart@tewksbury-ma.gov

Jan Conole
Senior Clerk Secretary
jconole@tewksbury-ma.gov

Bob Noel
Maintenance

Council on Aging Board Members:

Rose McKenna- Chair
Virginia Desmond- Vice Chair
Joan Unger- Clerk
Joel Deputat- Treasurer
Joanne Aldrich
Marie Durgan
Peg Keefe
Paul McNaught
Lorene Patch
Patty Sasso

Melissa Johnson– Recording Secretary

Board of Health- (978) 640-4470

Lou-Ann Clement, CHO
Director of Public Health
lcclement@tewksbury-ma.gov

Diane Joy
Senior clerk secretary
djoy@tewksbury-ma.gov

Sarah Kinghorn, BSN, R.N.
Public Health Nurse
nurse@tewksbury-ma.gov

Veteran Services- (978) 640-4485

Lisa Downey
Veteran Service Officer
vets@tewksbury-ma.gov

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

Some intentional and maybe not so intentional mistakes have been made in this month's newsletter. Find one and you'll be entered into a raffle to win a prize.

If you find a mistake see Jan to enter your name.

The winners for September and October are:

Kathy Walsh & Pat MacKinnon

See Jan to pick-up your prize!!

We hope you enjoy this new 12 page newsletter and those in the months to come. Stay tuned for positive changes and new additions to *Senior Moments*.

Volunteer of the month will return in December.

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

World Diabetes Day is on November 14th

Submitted by Marilyn Hebert– Newsletter Editor

Education and Prevention is about knowing the warning signs and risks associated with diabetes.

You will need to know about the different types of diabetes: Type one, type two and gestational diabetes mellitus. Type one is insulin-dependent, meaning the sufferers have to inject the insulin hormone into their bodies to produce what the body can't. Type Two is not insulin dependent but does mean that you are likely to have high blood sugar and a decreased amount of insulin produced by the body. Gestational diabetes sometimes occurs in pregnant women when the body is unable to produce enough insulin to get them through their pregnancy.

Diabetes is life-long and requires adjustments to be made to diet, exercise and medication, and they all need to be monitored and altered. Poor diabetes education results in more of a chance of complications and less of a chance of leading a healthy life.

Being aware of risk factors such as obesity, glucose intolerance, lack of exercise and an unhealthy diet is important in the fight against further incidences of diabetes. Be on the lookout for warning signs including tiredness, weight loss, increased thirst, blurred vision and lack of concentration. Education is the key to prevention.

If you notice any of the above warning signs, please get to your doctor. This disease can be treated and you can lead a normal life with adjustments.

LIST OF SPECIAL EVENTS

Saturday November 1st

10AM– 5PM Make your own ornament at Mill City Glass

Monday November 3rd

2-6 PM Intake Day for Upscale Consignment Shoppe

Tuesday November 4th
State Elections -No Activities

Wednesday November 5th
7AM Departure for Foxwoods

Thursday November 6th
9:30– 11:30AM Parkinson's Support Group

Friday November 7th
5PM Italian Dinner- \$10/pp
7PM Fred Manzi Band Dance- \$10/pp

Monday November 10th
12:30PM Cootie Party- \$4/pp

Tuesday November 11th
Veterans Day– Senior Center Closed

Thursday November 13th
8-4:30– CTI's Bone Builder Training for Instructors
9AM– Men's Group
5PM Elks Thanksgiving Dinner

Saturday November 15th
9AM—2PM Friends Yard Sale

Sunday November 16th
2PM Red Hat Trip to Shear Madness- Boston

Monday November 17th
10AM MS Support Group

Tuesday November 18th
12:30 GAC Meeting/Zingo

Wednesday November 19th
9:30AM Power of Flowers Class
12:30 PM COA Board Meeting
Red Hat Craft Night– Thanksgiving Tree

Thursday November 20th
9AM—3PM Foot Care Clinic
9:30-11:30 AM Parkinson's Support Group

Friday November 21st
9:30 GAC Entertainment Committee Meeting
7– 10PM Silvertones Dance

Sunday November 23rd

2-4PM Trip to Methuen's Festival of Trees- \$15/pp

Monday November 24th
12PM DJ Jon Mansfield dance

Tuesday November 25th
9:30-11AM Representative Jim Miceli Office Hours

Thursday November 27th
Happy Thanksgiving– Senior Center Closed

**Upscale Consignment Shop**

Submitted by Martha Marshall

Just a reminder... Our next intake is on November 3rd, from 2-6 PM. It's a great time to bring in your Christmas Items.

Red Hat News

Submitted by Ginny Desmond

Hello ladies we hope you enjoyed our Buffalo Bingo night. It is one of our favorite activities.

Who Am I ?

- I grew up in Union Square, Somerville. I attended St. Josephs & graduated Somerville High School in 1964.
- I worked for Harvard University in the business department.
- I have enjoyed dancing since I was 12 years old and still do at 60+.
- I have taken ballet, tap, jazz, clogging & belly dancing.
- I modeled in my 20's for Fashion Signature. One of my posters was hung in the Museum of Fine Arts.
- I was in the senior center shows.
- I was a Red Hatter for 2 years, before joining the Carnation Belles 10 years ago.
- I am enjoying life and having a ball.

Upcoming Events:

- Shear Madness on Sunday November 16th at 2PM
- Meeting at the Senior Center on Wednesday November 19th to make a Thanksgiving Tree. Hope to see you there!
- We are still taking \$10 donations for the Food Pantry in the form of a Walmart Gift Card. Cont...

Words of Wisdom

"I've learned that no matter what happens or how big it seems today, Life does go on, and it will be better tomorrow." Maya Angelou

Answer to Who Am I?... I am Joanne Kelleher

Happy Thanksgiving to All – Please remember to give thanks for our Troops and be thankful that we are free because of them. – Queen Ginny Desmond

Friends of the Elderly, Inc.

Submitted by Linda Brabant

A very special "THANK YOU" is extended to all the volunteers who have helped out with the Friends events over the last several months. Your help has been invaluable and is very much appreciated! We also thank those patrons who help make our events successful. It's always great to see you and chat some!

The Friends of the Elderly will be holding an "End of Year" YARD SALE at the Tewksbury Senior Center on Saturday, November 15, 2014 from 9 AM to 2 PM. The public is welcomed to reserve a table at \$15 or two tables for \$25. Luncheon specials and yummy baked sale items will also be available. Please note that donations for the Senior Tables are always welcome. It is suggested that if you are donating items, you bring them down to the Center on Thursday or Friday before the yard sale. Items cannot be accepted prior to this time.

Please note that the Friends will NOT be holding any Sunday Breakfast Benefits for the rest of the year.

There will be a Foxwoods trip held on Wednesday, November 5th and one held on Thurs., December 4th. Tickets for the December trip will go on sale Monday, November 10th at 8:15 AM. Tickets are \$30 per person and include motor-coach transportation, a casino package and the driver gratuity.

Again, we remind every one that the Friends and COA Annual Christmas Dinner will be held on Friday, December 12th. A dinner buffet by the Village Inn will take place at 6:00 PM with dancing to the sounds of the Perfect Match band to follow. The cost of this event is \$15 per person.

Tickets are now available and must be purchased prior to the event. Ticket sales will end on December 5th.

The final Friends event of the year will be the Annual New Years Eve Celebration. Tickets are \$50 per person and includes a Village Inn dinner buffet at 7:00 PM, dancing to the Perfect Match Band, as well as hats, horns and more to bring in the New Year 2015.

Tickets are now available for this special night. The theme will be Mardi Gras and there will be a contest for the best mask. Ticket sales end on 12/22.

2015 will find the Friends holding the Annual Valentines Dance on Friday, February 13th...so if you are a special Tewksbury couple that has been married 50 years or over and never been a guest at a previous Valentine's celebration, please contact Linda at 978-851-4243 with that information. We would love to have you as our guests for the evening.

Golden Age Club

Submitted by Nancy Zabawa

Due to our corresponding secretary being on the mend, I will try to fill her shoes.

November 18th is the next meeting because the Center will be closed on Veteran's Day—November 11th.

Our Christmas party is on December 5th at 12:30 pm. The cost is \$15.00 per person and includes a luncheon & entertainment. An unwrapped NEW toy for the Tewksbury Firefighters' toy drive will be gratefully accepted.

We are still doing our drive for the Veterans' Hospital for anything they might need! PLEASE PLEASE PLEASE!

Some people have complained about being in the dark about our activities. We have tried to keep everything posted on our bulleting board! Please take a look on occasion.

Dues were due In June and for those who have not renewed . We would appreciate if you do so as we gave out five scholarships, donate to the food pantry etc. and need to refill our bank account.

NOVEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Forever Fit</p> <p>9:30 Men's Yoga</p> <p>9-11 VNA Nurses Clinic</p> <p>10:15 Therapeutic Yoga</p> <p>12:40 Bone Builders #2</p> <p>1:00 Bunka Embroidery</p> <p>2:00 Bone Builders #1</p> <p>3:30 Gentle Yoga</p> <p>2-6 Intake for Upscale Consignment Shoppe</p> <p><i>A great chance to make some extra \$ from your gently used apparel & goods.</i></p>	<p>4</p> <p>STATE ELECTIONS</p> <p>SENIOR CENTER OPEN FOR VOTING ONLY</p> <p>ALL ACTIVITIES CANCELLED</p>  	<p>5</p> <p>7:00 Departure for Foxwoods</p> <p>9:00 Arts & Crafts</p> <p>9:00 Quilting</p> <p>9:30 Men's Mind & Muscle</p> <p>10-12 Town Nurse Office Hours</p> <p>10:30 Country Line Dance Class</p> <p>12:30 Cribbage</p> <p>12:30 Mah Jong</p> <p>12:30 Stained Glass</p> <p>12:40 Bone Builders #2</p> <p>2:30 Gentle Yoga</p> <p>2:30 45's</p>	<p>6</p> <p>9:00 Diet Workshop</p> <p>9:30 Parkinson's Support Group</p> <p>9:30 Wii Bowling League</p> <p>9:30 Traditional Line Dance</p> <p>10:30 Body Works</p> <p>12:30 Experienced Yoga</p> <p>12:30 Whist</p> <p>1:00 Bunka Embroidery</p> <p>1:00 Oil Painting Class</p> <p>2:00 Bone Builders #1</p> <p>2:30 45's</p>	<p>8:30 Walking Club</p> <p>9:30 Bone Builders 3</p> <p>12:30 International Mah Jong</p> <p>SATURDAY November 1st</p> <p><i>Make your own ornament at Mill City Glass Works in Lowell. Appointments available between 10AM -5PM. Call Jan for reservations</i></p> <p>8:30 Walking Club</p> <p>9:30 Bone Builders #3</p> <p>12:30 International Mah Jong</p> <p>5 PM Italian Feast, \$10/pp</p> <p>Must RSVP by 11/4</p> <p>Followed by...</p> <p>7 PM The Fred Manzi Band, \$10/pp</p>
<p>9:00 Forever Fit</p> <p>9:30 Men's Yoga</p> <p>9-11 VNA Nurses Clinic</p> <p>10:15 Therapeutic Yoga</p> <p>12:30 Cootie Party \$4 pp</p> <p>12:40 Bone Builders #2</p> <p>1:00 Bunka Embroidery</p> <p>2:00 Bone Builders #1</p>	<p>11</p> <p>VETERAN'S DAY</p> <p>Senior Center Closed</p> 	<p>12</p> <p>8:15 Bone Builders #3</p> <p>9:00 Arts & Crafts</p> <p>9:00 Quilting</p> <p>9:30 Men's Mind & Muscle</p> <p>10-12 Town Nurse Office Hours</p> <p>10:30 Country Line Dance Class</p> <p>12:30 Cribbage</p> <p>12:30 Mah Jong</p> <p>12:30 Stained Glass</p>	<p>13</p> <p>9:00 Men's Group</p> <p>9:00 Diet Workshop</p> <p>9:30 Wii Bowling League</p> <p>9:30 Traditional Line Dance</p> <p>10:30 Body Works</p> <p>12:30 Experienced Yoga</p> <p>12:30 Whist</p> <p>1:00 Bunka Embroidery</p> <p>1:00 Oil Painting Class</p>	<p>8:30 Walking Club</p> <p>9:30 Bone Builders #3</p> <p>12:30 International Mah Jong</p> <p>SATURDAY November 15th</p> <p>9:00 AM-2:00 PM Friends Yard Sale.</p> <p>Table \$15, two for \$25</p> <p>SUNDAY November 16th</p>

<p>3:30 Gentle Yoga</p>		<p>12:40 Bone Builders #2 2:30 Gentle Yoga 2:30 45's</p>	<p>2:00 Bone Builders #1 2:30 45's All Day CTI Volunteer Training ELK'S DINNER this evening</p>	<p>Red Hat Trip— Shear Madness in Boston</p>
<p>9:00 Forever Fit 9:30 Men's Yoga 10:00 MS Support Group, 9-11 VNA Nurses Clinic 10:15 Therapeutic Yoga 12:40 Bone Builders #2 1:00 Bunka Embroidery 2:00 Bone Builders #1 3:30 Gentle Yoga</p>	<p>17 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg 9:45 Mov'n & Grov'n Exercise 10:00 Wood Carving 11:30- 4 Piecemakers for Charity 12:30 GAC Meeting, Zingo to follow 1:00 Independent Painting 3-4 Swinging Seniors Chorus</p>	<p>18 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 Power of Flowers Craft Class 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class 12:30 COA Board Meeting 12:30 Cribbage 12:30 Mah Jong 12:30 Stained Glass 12:40 Bone Builders #2 2:30 Gentle Yoga 6:00-9:00 Red Hat Crafts</p>	<p>19 9:00 Diet Workshop 9-3:30 Foot Care Clinic 9:30 Parkinson's Support Group 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works 12:30 Experienced Yoga 12:30 Whist 1:00 Bunka Embroidery 1:00 Oil Painting Class 2:00 Bone Builders #1 2:30 45's</p>	<p>20 8:30 Walking Club 9:30 Bone Builders #3 9:30 GAC Entertainment Committee Meeting in Conference Room 12:30 International Mah Jong</p> <p>7:00-10:00 Silvertones Dance \$10/pp-Tickets Available at The Door</p> <p>Sunday November 23rd 2-4PM Trip to Methuen's Festival of Trees \$15/pp Includes Transportation</p>
<p>9:00 Forever Fit 9:30 Men's Yoga 10:15 Therapeutic Yoga 11-1 VNA Nurses Clinic 12:00 DJ Jon Mansfield Dance 12:40 Bone Builders #2 1:00 Bunka Embroidery 2:00 Bone Builders #1 3:30 Gentle Yoga</p>	<p>24 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg 9:30-11 Rep. James Miceli Office Hours 9:45 Mov'n & Grov'n Exercise 10:00 Wood Carving 11:30- 4 Piecemakers for Charity 12:45 Zingo 1:00 Independent Painting 3-4 Swinging Seniors Chorus</p>	<p>25 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class 12:30 Cribbage 12:30 Mah Jong 12:30 Stained Glass 12:40 Bone Builders #2 2:30 Gentle Yoga 2:30 45's</p>	<p>26 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class 12:30 Cribbage 12:30 Mah Jong 12:30 Stained Glass 12:40 Bone Builders #2 2:30 Gentle Yoga 2:30 45's</p>	<p>27 HAPPY THANKSGIVING Senior Center Closed</p>  <p>28 8:30 Walking Club 9:30 Bone Builders #3 12:30 International Mah Jong</p>

DO YOU SUFFER FROM FOOT PAIN?

The **Foot Health Center of Merrimack Valley** is the most advanced Podiatry Practice in the area. Our team of 3 Board Certified* Podiatrists offer state of the art technology at our two convenient locations. We provide excellence in our Specialty and have a Passion for putting our patients first.

We can Help! Call us today with any foot pain related issue

**SPORTS INJURIES • ACHILLES TENDONITIS • FLAT FEET • DIABETIC CARE
FUNGAL TOENAILS • PLANTAR FASCIITIS • RECONSTRUCTIVE SURGERY**



Kathleen O'Keefe, DPM
Board Certified*



Christine Dalrymple, DPM
Board Certified*



Teresa Burtoft, DPM
Board Certified*

1565 Main St. #102
Tewksbury, MA 01876
978-640-1010



**Foot Health Center of
Merrimack Valley, PC**

www.WeFixYourFeet.com

*Certified by the American Board of Podiatric Surgery



Did you know...

By: Jan Conole, COA Senior Clerk Secretary

*"Dull November brings the blast,
Then the leaves are whirling fast."
- Sara Coleridge*

I love the fall although it is a time of looking forward to the cold and winter months it is also a time of beautiful color and crisp air. I love the smells of all the fall recipes that are prepared, the leaves being raked and burned. With every season there is a fond memory my childhood.

There are many opportunities for volunteer work here at the Senior Center. Please contact me for more information at 978-640-4482.

We have added a third Bone Builders class. The times for the new class are Wednesdays at 8:15AM and Fridays at 9:30AM. The class is free to participants through CTI. If you would like to join, please see me for the appropriate paperwork.

Search For Your Friends Names in The Puzzle Below... Have Fun!

- | | |
|-----------|------------|
| ANNA | BARBARA |
| CLEMENT | CONOLE |
| CRISTIANO | CYNTHIA |
| DESMOND | DIAS |
| DOTTIE | DUBAY |
| DURGAN | FITZGERALD |
| FLANAGAN | GONDOLA |
| GRACE | HANSFORD |
| JAMES | JANICE |
| JOAN | KAY |
| KEMP | KINGHORN |
| LOUANN | MAHER |
| MARIE | MARIE |
| MARSHALL | MARTHA |
| SARA | THERESA |
| TRUDEAU | VIRGINIA |

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



Led by Doctoral Students of Physical Therapy

Activity-Based Approach

Education on Posture

Guest Speakers

Drinks and Refreshments

**THURSDAY, NOV. 6TH
PARKINSON'S
SUPPORT GROUP**

A support group for Parkinson's Disease, led by doctoral students of physical therapy, will be held on the 1st and 3rd Thursday's of each month at the Tewksbury Senior Center. People living with Parkinson's Disease, caregivers and loved ones are all welcome to share experiences, voice opinions and provide solutions to each other's problems. We will offer information on symptom management, coping strategies and ways to improve quality of life. Hope to see you there!!

When: 9:30-11:30 am

Where: Tewksbury Senior Center Conference Room

TEWKSBURY SENIOR CENTER

175 Chandler st.
Tewksbury, MA 01876

Contact: Ashley Stuart
Council on Aging Director
astuart@tewbury-ma.gov
978-640-4482

Comedy Corner...



Teacher: "Kids, what does the chicken give you?"

Student: "Meat!"

Teacher: "Very good! Now what does the pig give you?"

Student: "Bacon!"

Teacher: "Great! And what does the fat cow give you?"

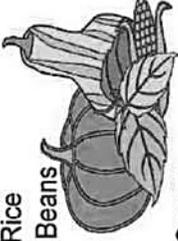
Student: "Homework!"

Q: Why did the witches' team lose the baseball game?

A: Their bats flew away.

November 2014 Client Menu

MVNP (978) 686-1422

<p>3 Breaded Chicken Herb Whip Potatoes Peas and Carrots Cranberry Sauce Ice Cream Oatmeal Bread</p>	<p>4 Swedish Meatballs Garlic Whip Potatoes Succotash Apricots Whole Wheat Bread</p>	<p>5 American Chop Suey Kernel Corn Parmesan Cheese Fresh Orange Italian Bread</p> 	<p>6 Roast Pork Gravy Red Bliss Whip Potatoes Mixed Vegetables Mixed Fruits Multigrain Bread</p> 	<p>7 <i>See Site Special</i> Potato Crunch Fish Rice Pilaf Vegetable Medley Peach Cup Bread Stick</p>
<p>10 Veal Patty with Ziti and Marinara Sauce California Blend Veggies Parmesan Cheese Vanilla Pudding Diet Pudding Italian Bread</p>	<p>11 <i>No-Meal Served</i> <i>Veterans Day Holiday</i> </p>	<p>10 <i>High Sodium Meal</i> <i>See Site Special</i> LS Hot Dog / Baked Beans Mustard & Relish Cole Slaw Parmesan Cheese Ice Cream Hot Dog Roll</p>	<p>13 Roasted Chicken Herb Whipped Potatoes Peas and Carrots Cranberry Sauce Apricots Oatmeal Bread</p> 	<p>14 <i>Lawrence Asian Special</i> Lemon Baked Fish Brown Rice Broccoli & Cauliflower Fresh Orange Light Rye Bread</p>
<p>17 Sweet and Sour Meatballs White Rice Green Beans  Fresh Orange Whole Wheat Bread</p>	<p>18 Cranberry Juice Chicken, Broccoli and Ziti with Alfredo Sauce Fruited Gelatin Diet Gelatin Light Rye Bread</p>	<p>19 Stuffed Shells Marinara Sauce Green & Gold Beans Parmesan Cheese Pineapple Cup Low Fat Muffin</p>	<p>20 <i>Birthday and</i> <i>Holiday Dinner</i> Roast Turkey with Gravy Scalloped Potatoes Butternut Squash Cranberry Sauce Pumpkin Pie (Sites) Spice Cake Diets & MOWs Snowflake Roll</p>	<p>21 Chicken Breast Fillet Whipped Potatoes Mixed Vegetables Cranberry Sauce Chocolate Pudding Diet Pudding Whole Wheat Bread</p>
<p>24 Baked Ham /Raisin Sauce Sweet Whip Potato Peas and Carrots Mandarin Oranges Multigrain Bread</p>	<p>25 Beef Meatloaf with Gravy Red Bliss Whip Potatoes Vegetable Medley  Apricots Dark Rye Bread</p>	<p>26 BBQ Chicken Whipped Potatoes Broccoli & Cauliflower Fresh Orange Whole Wheat Dinner Roll</p>	<p>27 <i>No-Meal Served</i> <i>Thanksgiving Day</i> </p>	<p>28 Cheeseburger / Ketchup Potato Wedges Kernel Corn Tapioca Pudding Diet Pudding Hamburger Roll</p>

MENU SUBJECT TO CHANGE WITHOUT NOTICE.



Douglas W. Sears Esq.
 Counselor & Attorney-at-Law
How Can I Help You?
 Home Visits by request
978-376-7390

Wills • Trusts • Elder Law • Family Law
 Estate Planning • Probate • Slip and Fall

Office: 1445 Main St., Tewksbury

Bayberry at Emerald Court
 Assisted Living & Memory Care



Keep your independence,
 but we'll be there to help!
 Visit us just off Old Boston Road...
 we were recently voted BEST in town!
 2000 Emerald Court, Tewksbury, MA
 978.640.0194
www.bayberryatemeraldcourt.com

USED CARS

A & B AUTOMOTIVE
 GENERAL REPAIRS
 TOWING - AUTO SALES

(978) 851-0426
FAX (978) 851-4741

Bob Langlois • Armand Langlois

1258 MAIN STREET
 TEWKSBURY, MA 01876

S. RIPLEY'S
 & SONS
LANDSCAPING

A COMPLETE
 LANDSCAPING SERVICE
 FREE ESTIMATES
 SNOW PLOWING

(978) 667-1556

130 Pond Street
 Billerica, MA 01821



SeekAndFind.com
 is **NEW** and **IMPROVED**

Now it's even easier to shop these advertisers.
 Show them your support!



Vondi Independent Living Supplies

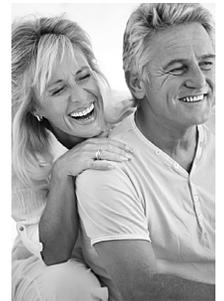
Rise Above Your Challenge with Vondi!

Retail Provider of Home Medical Equipment, Wellness, Pain and Fitness Supplies

Product Categories: Lift Chairs; Mobility Aids; Bath Safety Products; Hospital Beds and Bedding;
 Compression Socks; Orthopedic Bracing; Diabetic Shoes; Pain and Wellness Products; Diagnostic Aids;
 Respiratory Products; Fitness Products; Aids for Daily Living; Incontinence and Skin Care Products.

2294 Main Street, Tewksbury, MA 01876 • 978-447-1959 • www.vondisupplies.com

Come In! You will find something that makes your life easier! • Mon-Fri: 10am – 6:30pm • Sat: 10am – 3pm



Mention this
 Ad and get
\$5.00 off
 a purchase
 of \$50.00
 or more.

THIS SPACE AVAILABLE



For Information On Advertising,
 Please Call Our Representative



Mark Carofano
 1-800-888-4574 x 3445 or
 email: mcarofano@4LPi.com

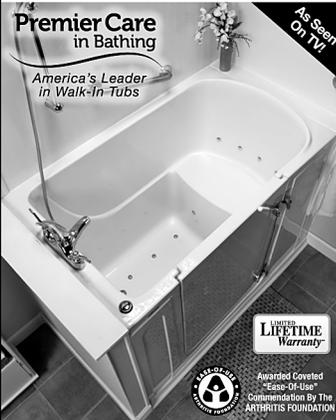
Liturgical Publications Inc
 Connecting Your Community™

Bulletin advertising works as hard
 as you do to **GROW** your business.



For more information call
Liturgical Publications Inc
 at 800-888-4574

Bathe Safely And Easily



Payments As Low As \$150 Per Month*

**America's Best Walk-In Baths
 Are Now More Affordable!**

Don't miss this low cost way to enjoy a relaxing bath again, without the fear of slipping or falling. A luxurious, Walk-In Bath from Premier Care in Bathing offers you the ultimate in safety and ease of use. The walk-in door allows barrier-free access. The low threshold entry is easy on your legs. The optional bubbly Hydrovescent Therapy soothes away aches. If you or a loved one struggle taking a bath, independence and safety are only a phone call away.

- ▶ No More Fear of Slipping or Falling
- ▶ Our Fully Licensed Installers Can Do Most Any Install, and in Most Cases in Just One to Two Days
- ▶ Premium Quality for High Performance

SENIOR DISCOUNTS & FINANCING

Call Now Toll-Free for FREE Information Kit **1-800-345-0181** www.GoToPremierBath.com
 Promo Code 20727

*Limited time only. Subject to approved credit. Example: Based on 9.9% APR, a down payment equal to 1/3 of contract amount, and a monthly payment of \$150 for 120 months. By submitting this request, I agree that Premier Care in Bathing may contact me by telephone using automated technology at the telephone number provided above. I understand this consent is not a condition of purchase. **Limited lifetime Warranty subject to terms and conditions.



Sue Parker, REALTOR®
 CBR, CRS, GRI
 Cell: (978) 808-1283
 Office: (978) 851-3731
 Vm/Fax: (978) 935-9550
 Susan.Parker@NEMoves.com
 www.NewEnglandMoves.com

1201 Main Street, Tewksbury, MA 01876

Owned And Operated By NRT, LLC



SeekAndFind.com
is **NEW** and **IMPROVED**

Now it's even easier to shop these advertisers.
Show them your support!



Specializing in Adult Day Health and Support for people with Alzheimer's disease and other memory disorders, right in your own community.

1820 Turnpike Street, Suite 106
North Andover, MA

Contact us today to schedule a tour
978-688-3248
www.spectrumdayprogram.org

Since 1878

FARMER & DEE FUNERAL SERVICE

978-851-7411

16 Lee Street, Tewksbury

Donald J. Dee (1924-1998) • Bradford J. Dee

Add Some
COLOR
to Your Ad



For more information call
Liturgical Publications Inc
at 800-888-4574

THIS SPACE AVAILABLE



Mark Carofano
1-800-888-4574 x 3445 or
email: mcarofano@4LPi.com

**For Information On Advertising,
Please Call Our Representative**



Liturgical Publications Inc
Connecting Your Community™

HELP PROTECT YOUR FAMILY
CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

People are looking
for your business.

Help them find it
by **advertising here.**

For more information call **Liturgical Publications Inc**
at 800-888-4574

dish Make the Switch to DISH Today and
Save Up To 50%

Call Now and Ask How! 1-800-316-0283

All offers require 24-month commitment and credit qualification. Call 7 days a week 8am - 11pm EST
Promo Code: MB0913 *Offer subject to change based on premium movie channel availability



Blaire House of Tewksbury

Your Guide to Senior Care in Middlesex County



SKILLED NURSING CENTER • REHABILITATION SERVICES
ADULT DAY HEALTH CENTER • TRANSPORTATION SERVICES
ASSISTED LIVING RESIDENCE

CALL US TODAY FOR A FREE LUNCH & TOUR:

Katelyn Yarow, Admission Coordinator @ 978.423.0161

10 ERLIN TERRACE • TEWKSBURY, MA 01876

www.elderservices.com

Congdon Law Offices

Jerry S. Congdon, ESQ
**Wills • Trusts • Probate
Real Estate • Elder Law
Reverse Mortgages**

978.500.5978

WILL VISIT YOU
IN YOUR HOME

841 Main St., Tewksbury, MA 01876

PROTECTING SENIORS NATIONWIDE

PUSH



TALK



24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- > No Long-Term Contracts
- > Price Guarantee
- > A+ Rating with BBB

TOLL FREE: 1-877-801-5055

*First Three Months



FTH

Joel W. Deputat

TEWKSBURY FUNERAL HOME

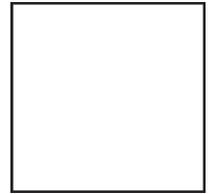
1 Dewey Street - Corner of Main Street (Rt. 38) • Tewksbury, MA 01876

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

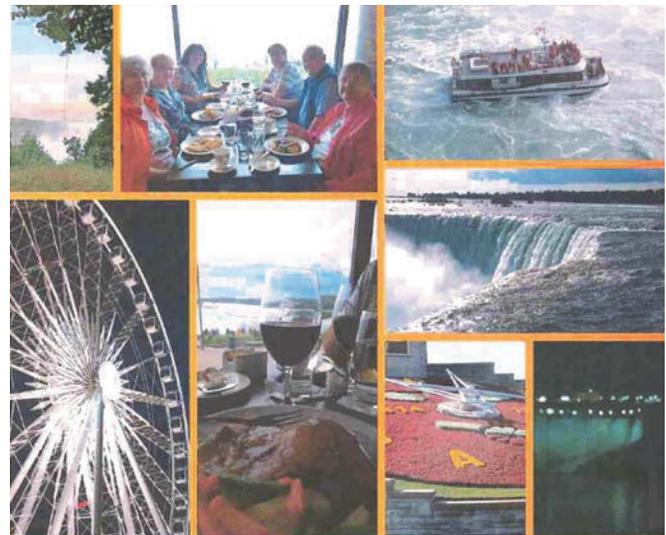
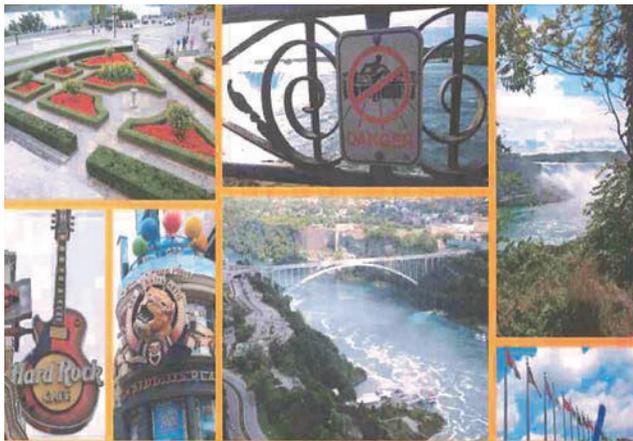
Walter J. Deputat - founder

Dennis W. Graham

Tewksbury Senior Center
175 Chandler Street
Tewksbury, MA 01876



Pictures from the GAC's trip to Niagara Falls



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.

Return this portion of the newsletter with a check or money order in the amount of \$8.00, which covers the postage and handling for a 12-month subscription. Check the *expiration date* on the label to see if it is time to renew your subscription.

Check here for renewal

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

Please do not mail cash

Mail to: TEWKSBURY SENIOR CENTER
175 Chandler Street
Tewksbury, MA 01876

DATE: _____

NAME: _____

PHONE: _____

MAILING ADDRESS: _____

TOWN/STATE/ZIP: _____

PLEASE PRINT