

Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

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October 2014

Volume 06 Issue 10



COA Director— Ashley Stuart, MS, LSW
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Fall is in the air and there are A LOT of upcoming events at the Senior Center— Don't forget to check out the center calendar and List of Special Events on page 3. We will be closed on Monday October 14th for Columbus Day. I am excited to announce that volunteer, Maryann Vassallo, has been busy planning day trips for the rest of the year. trips are as follows:

A visit to **Methuen's Festival of Trees**, on Sunday November 23rd. The cost of the trip is \$15 for transportation only. Event is free for Seniors and Carnation Belles. There is a café on site if you decide to get a snack.

A showing of "**Meet Me in St. Louis**", at the **Stoneham Theater** on Wednesday December 17th at 10am. The cost per senior is \$50, which includes a ticket to the show and transportation. The group will be stopping for lunch after the show so each senior is responsible for the cost of his/her lunch. Bus leaves at 8:45 AM.

I would like to highlight our next **TRIAD Seminar** which is taking place on **Wednesday October 1st at 9:30 AM**. Lieutenant Gaynor of the Tewksbury Police Department will be presenting on **Frauds and Scams to Look Out For**, focusing on those that target our seniors. Lt. Gaynor gave this presentation earlier this year and got rave reviews from some of your peers. We hope you can join us for this valuable information and some refreshments. I would also like to let everyone know that there will be a suggestion box on the counter when you sign-in. I welcome any thoughts or concerns, as we are always looking for ways to better serve our seniors. Until next time... Ashley

Volunteer Of The Month



Marilyn Hebert

Marilyn is a tremendous asset to the Senior Center. She is our receptionist on Wednesdays and she is always warm and kind to all those that pass through. Starting next month Marilyn will also be leading the production of this newsletter. She is a wealth of information and a wiz on the computer!

Submitted by Marilyn:

October is breast cancer awareness month. Here are a few facts about breast cancer for both men and women in the United States: Yes, men can suffer from breast cancer too.

One in eight women will be diagnosed with breast cancer in their lifetime.

Breast cancer is the most commonly diagnosed cancer in women.

Breast cancer is the second leading cause of death among women

Each year it is estimated that over 220,000 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.

Although breast cancer in men is rare an estimated 2,500 men will be diagnosed with breast cancer and approximately 410 will die each year.

Breast cancer myth: Finding a lump in your breast means you have breast cancer.

Continued on page 7...

Thank you to the Executive Office of Elder Affairs for supporting our newsletter

Friends of the Elderly, Inc.

Submitted by: Linda Brabant

The Friends of the Elderly will be holding several events over the next few months. The first will be a Breakfast Benefit that will be held on Sunday, October 5th from 7:30 to 11:00 AM. The menu is: pancakes, scrambled eggs, bacon, sausage, homefries, beans, toast and beverages. Tickets are available at the door at: \$7 Adults; \$3 Children 12 and under; and, Toddlers free. Why not start your day off with a hearty breakfast! This event is open to the public.

The Friends also runs the casino day trips. The trips scheduled for the remainder of the year are as follows: Monday, October 6th – Mohegan Sun; Wednesday, November 5th and Thursday, December 4th are both Foxwood trips. The cost is \$30 per person and includes motor coach transportation, a casino package of lunch at the buffet and usually a \$15 slot play credit. Tickets go on sale the Monday after the last casino trip beginning at 8:15 AM.

A Halloween Dance will be held on Friday, October 24th from 7:00 to 10:30 PM. A costume contest will be held at around 7:10 PM. The evening will include dancing to the sounds of the Perfect Match Band and mid-evening refreshments. This is a fun night. Tickets are now available and will be available at the door on the 24th.

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 Dec. 5th.

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

Friends of the Elderly, Inc. Continued...

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 will end on Dec. 22nd.

2015 will find the Friends holding the Annual Valentines Dance on Friday, February 13th...so if you are a special 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. The Friends will also hold a St. Patrick's dinner dance on Friday, March 13th.

Enjoy our colorful Fall season & God Bless America!

The Upscale Consignment Shoppe is open Monday through Thursday 11:00 am to 3:00 pm and Friday 9:00 am to 11:00 am. We are now displaying winter clothing. We also have accessories—hats, scarves, footwear, jackets, jewelry and some household items. Our clothing is in excellent condition and ready to put on and wear. Our volunteers who work the shop are always looking forward to helping you in your search for clothing. Come in often as our items change from month to month. The next intake night for new items is October 6th from 2:00 pm to 6:00 pm. Anyone can bring in items that are in good condition. If your items sell, you may be able to earn a little cash!

The Snooti Patooti Boutique is open Monday through Friday 10:00 am to 4:00 pm and is a great place to wander about. We have many small items just waiting for you to purchase for yourself or to give as gifts to a special person. We have an excellent selection of cards. Have you ever forgotten to send a card and felt embarrassed when you realized it? Stop in and buy a lovely card to mail to your friends and relatives or to go along with the gift you can purchase in the Shoppe. The best surprise is that the cards are only \$.50. You certainly can't beat that!

SPECIAL EVENTS**Monday October 1**

9:30 AM- TRIAD Seminar— **Frauds & Scams to Look Out For**, by Lt. Gaynor of the Tewksbury Police Dept.

Thursday, October 2nd

9:00 AM—3:30 PM Foot Care Clinic

Sunday October 5th

7:30-11 AM Friends of the Elderly Breakfast Benefit

Monday, October 6

7:00 AM Departure for Mohegan Sun Day Trip
2-6 PM Upscale Intake Day

Friday October 10th

9:00 AM Friends of the Elderly Activities Meeting

Monday October 13

Columbus Day—Senior Center Closed

Tuesday October 14

10:00 Diabetes Academy

Wednesday October 15

12:30 PM—COA Meeting

Thursday October 16

9:00 AM - 3:30 PM— Foot Care Clinic

Friday October 17th

1:00-4:00 PM— FLU CLINIC at the Senior Center. Age 4+

Saturday October 18th —Sunday October 19th

9:00 AM— 4:00 PM- Piecemakers Quilt Show

Monday October 20th

10:00 AM MS Support Group, with speaker Paula Evans of
Massachusetts College of Pharmacy
12:30 PM Cootie Party

Wednesday, October 22

6:00 PM— Red Hat Halloween Dance. \$15/Belle

Thursday, October 23

9:00 AM Men's Group
1:00 PM Billiard's Tournament

Friday, October 24

7:00 PM Halloween Friends Dance
Costume Contest starts at 7:15 PM

Saturday October 25

9:00 AM—3:00 PM—Applefest Craft Fair @TMHS
12:00 PM SHARP— 9 Game Cribbage Tournament.
Cost \$20, cash only.

Monday, October 27

11:30 AM DJ Jon Dance

A Message From Kay Maher

I am still collecting new cards, can tabs, teabag tags, bottle caps and eyeglasses.

Thank you to all that have contributed!

**** 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. Limit won entry per person.

Golden Age Club News

Submitted by Rose McKenna

A bus load of us just came back from our trip to Niagara Falls. We stayed on the Canadian side of the falls. It was a long bus ride, but it was worth it. With several stops along the way, we had a very enjoyable trip. Once we arrived at our hotel we found that we were right in the center of things: an amusement park, stores for shopping, the falls, and a casino. What a wonderful spot! Needless to say, we all ate too much and now we need to exercise it off.

Our next trip and last for the year will be December 1st-3rd to the White Mountain Resort in North Conway, NH. If interested deposits are due and final payment is due on October 15th. Keep checking the Golden Age Club bulletin board. As soon as new trips become available for the new year which will be 2015 (wow where did the time go), they will be posted.

Because of the state primaries our Golden Age Club meeting for the month of September was cancelled. Our next meeting will take place on October 14th, at there!

"Don't regret getting older. It's a privilege denied to many."

MONDAY

The Billiards Room is open daily from 8am-4pm. There is an in-house **Pool Tournament** every Wednesday, from 9:30am- 12pm. There is also a travel league that plays with other centers. Stop by to check the schedule.

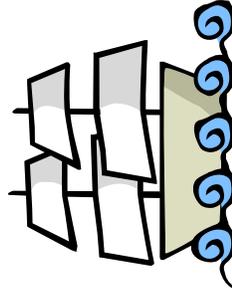
TUESDAY

There will be NO Tap Classes in the month of October
Come Check Out Our Shops!
 The **Snooti Patooti Gift Shop** is open Monday-Friday 10AM-4PM.
 The **Upscale Consignment Shoppe's** hours remain Mon- Thurs. 11AM- 3PM and Friday 9-11AM.

8:30 Tai Chi
 8:45 TOPS Weigh In/ Mitg
 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

7:00 Departure for Mohegan Sun
 9-11:30 VNA Nurses Clinic
 9:00 Forever Fit
 9:00-11 VNA Nurses Clinic
 9:30 Men's Yoga
 10:15 Therapeutic Yoga
 12:40 Bone Builders #2
 1:00 Bunka Embroidery
 2:00 Bone Builders #1
 3:30 Gentle Yoga
 2-6 Upscale Intake of Items Day
 Winter Clothing Only

Senior Center Closed for Columbus Day



WEDNESDAY

9:00 Arts & Crafts
 9:00 Quilting
 9:30 **TRIAD Event-** Frauds & Scams by Lt. Gaynor of the TPD
 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 -and- 45's

7:00 Foxwoods Departure
 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

THURSDAY

9-3:30 Foot Care Clinic
 9:00 Diet Workshop
 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

9:00 Diet Workshop
 9:00 Men's 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

FRIDAY

8:30 Walking Club
 12:30 International Mah Jong

Sunday September 5th
 Friends of the Elderly
Breakfast Benefit
 Public Welcome
 7:30-11:00AM

8:30 Walking Club
 9:00 Friends of the Elderly
 Activities Meeting- All Are Welcome
 12:30 International Mah Jong

8:30 Walking Club
 9:15 Bone Builders #3
 12:30 International Mah Jong

1-4PM- FLU CLINIC
 at Senior Center. For Ages 4+

Saturday & Sunday,
 October 18th & 19th
 Piecemakers Quilt Show at the Senior Center from 9AM- 4PM

<p>9:00 Forever Fit 9:30 Men's Yoga 10:00 MS Support Group, with speaker Paula Evans of the Massachusetts College of Pharmacy 11-1 VNA Nurses Clinic 10:15 Therapeutic Yoga 12:30 Cootie Party, \$4/pp 12:40 Bone Builders #2 1:00 Bunka Embroidery 2:00 Bone Builders #1 3:30 Gentle Yoga</p>	<p>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 12:45 Zingo 1:00 Independent Painting 3-4 Swinging Seniors Chorus</p>	<p>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 6:00 Red Hat Halloween Party— Food & entertainment. \$15/per Belle</p>	<p>9:00 Diet Workshop 9:00 Men's 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>8:30 Walking Club 9:15 Bone Builders #3 12:30 International Mah Jong 7PM– Friends Halloween Dance \$10/pp. Costume Contest at 7:15 Saturday October 25th 9 Game Cribbage Tournament 12PM Sharp. \$20, cash only. Saturday October 25th, 9AM-3PM Senior Craft Table at the Applefest Fair at TMHS</p>
<p>2:30 Gentle Yoga 2:30 45's</p>	<p>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 12:45 Zingo 1:00 Independent Painting 3-4 Swinging Seniors Chorus</p>	<p>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>9:00 Diet Workshop 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>8:30 Walking Club 9:15 Bone Builders #3 12:30 International Mah Jong SAVE THE DATE: For the Fred Manzi Band on Friday November 7th. Dance starts at 7PM, but come earlier for an Italian Feast of spaghetti and meatballs, raviolis, green salad, garlic bread and dessert. \$20 for a night of delicious food, music and fun. \$10 for the dance only. Sign-up now!</p>

A Message From Our First Responders

Submitted By: Rick Hamm of the Tewksbury Fire Department

October is Fire Prevention Month and this year’s theme is *Working Smoke Alarms Save Lives: Test Yours every Month*. Working smoke alarms cut the risk of dying in fires in half by giving you time to escape deadly smoke and flames. Half of all fire deaths occur in one and two family homes, where in many cases there were no working smoke alarms.

Simple steps that could save your life or the life of a loved one:

Make sure there are working smoke alarms on every level of the home: in the hallways outside the bedroom, at the top of open stairways, at the base of the cellar stairs, and inside the bedroom of sound sleepers or smokers.

Test smoke alarms monthly.

Replace alkaline batteries at least once a year or when we change our clocks, this year it’s November 2nd.

Replace all smoke alarms that are ten years old. There’s a label on the smoke alarm with the date of manufacture.

There are requirements for types of alarms you must have when your home was built or when selling it. It is strongly recommended that everyone have only photoelectric alarms only within 20’ of kitchens and baths and photoelectric and ionization alarms 20’ beyond kitchens and bath (either a dual detector or two separate detectors). Also, carbon monoxide detectors are required on all sleeping levels of your home; they must also be within 10’ of bedroom doors.

If you have any questions on smoke alarms please call the Fire Prevention Office of The Tewksbury Fire Department at 978-640-4418. Courtesy inspection can be requested if you have questions or concerns regarding alarm placement.

Red Hat News

Submitted by Ginny Desmond

Wishing you a fantastic fall! We have a busy calendar year coming up. The Red Hat Board welcomes all of you back to come and enjoy our fun and festivities. We are still taking gift cards for Walmart for the Food Pantry’s *Toys for Tots*. The food pantry then distributes these gift cards to Tewksbury residents for Christmas. Our upcoming activities are as follows:

Wednesday October 22nd– Red Hat Halloween Party, 6-10PM. Soups & sandwiches catered by Frenches and costume contest. Cost is \$15 per Belle.

Sunday November 16th– Shear Madness Play and mini bus, leaves senior center at 2:15PM. Cost is \$54, with transportation. Deadline to sign-up is October 24th.

Wednesday December 17th– Red Hat Christmas Party with entertainment & a catered meal by the Village Inn

Fuel Assistance: Applications have been mailed from CTI to individuals who received fuel assistance last year and we now have applications for households that have not gotten fuel assistance in the past. Contact Jan at 978-640-4482 to make an appointment if you need help filling out your form. When you come in it will be necessary for you to bring the following information/documents:

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

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

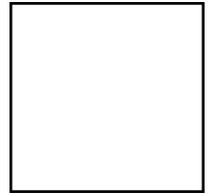
Home owners: Copy of mortgage if you still are making payments, current tax bill and copy of homeowner’s insurance.

Renters: Copy of lease and proof of rent payments.

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

Family Size	Income Limit
1	32,065
2	41,932

Tewksbury Senior Center
175 Chandler Street
Tewksbury, MA 01876



... Continued From Page 1

The truth: Only a small percentage of lumps turn out to be cancer, but do not ignore a persistent lump or any changes in your breast. It is very important to see a doctor for a clinical breast exam. The doctor may possibly order breast imaging studies to determine if the lump is of concern or not.

Breast cancer myth: Men do not get breast cancer, it only affects women.

The truth: Each year there will be approximately 2,500 men diagnosed with breast cancer. Breast cancer in men is usually detected as a hard lump underneath the nipple and the areola. Men carry a higher mortality rate than women do simply because they are less likely to assume that a lump is breast cancer, which can cause a delay in seeking treatment.

Be aware of examining your breasts this month and throughout the entire year. Get your regular exams and perform self-exams. I am living proof that this diagnosis is not a death sentence, with proper treatment one can continue to lead a healthy life after treatment.

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