

# Young at Heart

Millbury Council on Aging

1 River Street

Millbury, MA

508-865-9154

**April 2024**

**Hours of Operation**

**Mon-Thur 8am-4pm, Friday 8am-2pm**



MILLBURY SENIOR CENTER

**CLOSED Monday April 15th.**

Massachusetts officially observes the **Patriots' Day holiday** each year on the 3rd Monday in April, which also happens to be the day of the **Boston Marathon**.



**The Senior Center and Municipal offices will be CLOSED**

**Monday April 15, 2024.**



Annual Town Election- Tuesday April 30, 2024

Annual Town Meeting- Tuesday May 7, 2024

State Primary- Tuesday September 3, 2024

Presidential Election- Tuesday November 5, 2024



## NATIONAL VOLUNTEER MONTH

April recognizes all those who give their time and energy during National Volunteer Month. Volunteers come in all shapes and sizes. They pick a cause and make a difference in someone's life. April celebrates the impact volunteers have on our lives and encourages active volunteerism. The Millbury Senior Center would like to recognize and thank the many volunteers we have that make our work possible and the lives of those we serve a little bit better this month and throughout the year!



Millbury Senior Center Transportation

WRTA 508-752-9283

Monday through Thursday 8:00am-4:00pm, Friday 8-11:30



- April 3- Wednesday- Walking Club with Julie, every Wednesday 2:00-3:00
- April 9th- Tuesday- Millbury National Bank- Lunch and Presentation—12:00—must sign up
- April 11- Thursday 1:00- Movie—A Beautiful Day in The Neighborhood
- April 15th- Monday—Closed in Observance of Patriots Day
- April 16th- Tuesday- Therapy Gardens- Tech Essentials for Seniors—1:00pm—must sign up
- April 17th- Wednesday- 7:30am—COA Board Meeting
- April 18th- Thursday- Sock Hop with Millbury NHS- 1:00-3:00pm—must sign up
- April 19th- Friday- Podiatry- By Appointment Only
- April 19th- Volunteer Lunch—Please RSVP if you got an invitation!
- April 23rd- Craft with Jayne- 12:30- Please sign up
- April 23rd- Memory Café with Julie- 2:00pm
- April 24th- Wednesday- Library Presentation with Coffee and Desserts- 12:30
- April 30th- Tuesday- Better Breathers Club—10:30am
- April 30th- \*Annual Town Elections\*

## April 2024

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
	1-	2	3	4	5	6
7	8	9	10	11	12	13
14	15- CLOSED	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## Podiatrist!!

Dr. Michael J. Biancamano  
April 19th—By Appointment



Blood Pressure Clinic

Every Tuesday!!

9:00 am – 10:00 am

## Memory Café with Julie

Tuesday April 23rd @ 2:00pm

Musical Bingo with St. Francis

## Painting With Jayne

Tuesday April 23

12:30

\$5.00pp

16x20 Acrylic on Canvas



## Senator Moore's Office Hours

1st Wednesday of the month

11:00 am

Wednesday April 3



Karaoke with Steven

Tuesday April 9th @ 1:00-3:00



Tuesday April 16th @ 1:00pm

## Tech Essentials for Seniors



Designed specifically for older adults, this session demystifies the internet and mobile applications that are becoming essential in our daily lives. From shopping on Amazon to staying connected on social media, or enjoying podcasts, videos, and the life-changing artificial intelligence of Chat GPT, we've got you covered. With a focus on practical skills and safety, including knowledge of cookies, password protection, and more you'll leave with the confidence to navigate the digital world more effectively. With plenty of time for Q&A, join us to enhance your digital literacy and stay connected in today's tech-driven society.

Come GROW with us! Call 508-865-9154 to sign up!

\*Snacks will be provided\*

Funding made available by the EOE—Hybrid Programming Grant. Awarded to the Millbury Senior Center .

# Transportation

## WRTA

### 508-752-9283

Monday through Thursday 8:00am-  
4:00pm, Friday 8-11:30

Service is being provided free of charge

Until June 30, 2024

Service is curb to curb .

Please Call as early in advance as you can so we  
can accommodate as many as possible!!

### The Friends of the Millbury Seniors

508-581-7424– Call to schedule

#### Friday Shopping:

9 :00AM pick-up Return 11:00 AM

The trips will alternate between Market Basket in  
Shrewsbury and Market 32 in Sutton

508-581-7424

#### Boston Duck Tour Trip

Trip includes:

Bus transportation

Ticket on a famous Duck Boat

Lunch at Maggiano Restaurant, Boston MA

Total cost \$99.00 complete per person.

For Reservations Call 508-581-7242

Checks are to be made out to the Friends of the Mill-  
bury Seniors, Inc, and mailed to 5 River St., Millbury,  
MA 01527 or can be given to Maryanne Sirard on a  
Wednesday from 1:00 PM to 3:00 PM.

Reservation close on April 19th.



## Weekly Activity Schedule

### Monday

9:30—10:15 ...Light Exercise

12:00 P.M...Lunch

12:45 P.M...Mahjong Game

1 P.M...Zumba

### Tuesday

9 - 10 A.M... Blood Pressure

9:30—10:30 ...Tai Chi

12 P.M...Lunch

1 P.M...Cribbage

### Wednesday

9:30 A.M...Craft Class

10:30 A.M. Line Dancing

12:00 P.M...Lunch

1 P.M...Social Bingo

### Thursday

9 - 10 A.M...Yoga

10 - 11:30 A.M. Coloring Class

12:00 P.M...Lunch

1 P.M...Pitch

### Friday

9 A.M. Shopping

9:30 - 10:15 A.M. Light Exercise

11:30- Lunch

Classes \$3.00 suggested donation



Tuesday April 9th @12:00pm

# Pasta Luncheon & Scam Presentation



Millbury National Bank will be sponsoring a Luncheon and Presentation about how to prevent being a victim of Scams.

You must sign up in advance! 508-865-9154

**To Reserve a spot for Lunch, Call Mary (in the kitchen) 508-865-9154**  
**Reservations need to be made 48 hours in advance. (\$3.00 suggested donation)**  
**Lunch menu is subject to change.**

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Chicken Mornay</b> Couscous Roman Blend Vegetables Butterscotch Pudding Diet= SF Vanilla Pudding Marble Rye Bread	2 <b>Meatloaf with Gravy</b> Garlic Mashed Potatoes Carrots Mixed Fruit Whole Wheat Bread	3 <b>Roast Turkey</b> Gravy Mashed Sweet Potatoes Roasted Brussels Sprouts Pear Crisp Diet = Pears	4 <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Blondie Diet = Cookie Pumpnickel Bread	5 <b>Fish</b> <b>Parmesan Cream Sauce</b> Wild Rice Roasted Broccoli & Carrots Fresh Fruit French Bread
8 <b>Pork Rib-i-que</b> BBQ Sauce Mac N Cheese Green Beans Fresh Fruit Sandwich Roll	9 <b>Hot Dog</b> Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard	10 <b>Swedish Meatballs</b> Mashed Potatoes Scandinavian Vegetables Vanilla Pudding Diet SF Vanilla Pudding Marble Rye Bread	11 <b>Chicken Cacciatore</b> Gemmeli Pasta Roasted Broccoli Brownie Diet = Rice Krispy Treat Italian Bread	12 <b>Fish w/Crumb Topping</b> Rice Pilaf Tuscany Style Vegetables Fruited Ambrosia Whole Wheat Bread
15 <b>Patriot's Day</b> No Meals Served	16 <b>Chicken Pot Pie</b> Mashed Potatoes Corn Niblets Mixed Fruit Biscuit	17 <b>Salmon Primavera</b> Rice Pilaf Peas & Onions Brownie Diet = Cookie Pumpnickel Bread	18 <b>Spaghetti &amp; Meatballs</b> Marinara Sauce Green Beans Apple Crisp Diet = Peaches Italian Bread	19 <b>Garlic Herbed Chicken</b> Cornbread Stuffing Roasted Brussels Sprouts Lemon Pudding Diet = Tapioca Pudding Whole Wheat Bread
22 <b>Potato Crunch Fish</b> Lemon Herb Rice Peas Mandarin Oranges Whole Wheat Bread Tartar Sauce	23 <b>Sloppy Joe</b> Red Bliss Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll	24 <b>Stuffed Pepper Casserole</b> Mashed Potatoes Carrots Chocolate Mousse Marble Rye Bread	25 <b>Ranch Chicken</b> Red Bliss Potatoes Roasted California Vegetables Birthday Cake Diet = Half Piece Pumpnickel Bread	26 <b>Braised Beef</b> Gemelli Pasta Broccoli Pear Crisp Diet = Applesauce Italian Bread
29 <b>Chicken Pesto</b> Wild Rice Roasted Carrots & Broccoli Vanilla Mousse Marble Rye Bread	30 <b>Burger</b> Chili & Cheese Herbed Potatoes Green Beans Fresh Fruit Sandwich Roll	<b>MENU SUBJECT TO CHANGE</b>		



MILLBURY SENIOR  
CENTER PRESENTS

SIGN UP  
NOW TO  
ATTEND!

# 1950'S SOCK HOP

Dancing, food,  
activities, and  
awards!

Dress however you like, but there will  
be a prize for whoever is the best  
dressed!!



THURSDAY  
APRIL 18 FROM  
1PM-3PM

Organized and Sponsored by:  
Millbury High School  
National Honor Society

Bring your dancing shoes and wear your favorite 50's attire.

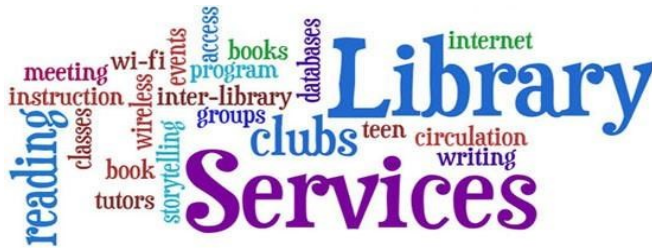
Sign up at the Senior Center 508-865-9154

# DEPARTMENT SPOTLIGHT

**Millbury Public Library**  
**Please join us for Coffee, Desserts and Conversation with Library Director Ann Dallair**  
**Thursday April 24 @ 12:30**



**Come find out what Programs and activities your library has for you!!**



Walking Club With Julie  
 Starts Wednesday April 3rd (every Wednesday)  
 2:00-3:00pm



Millbury Food Pantry  
 Monday through Thursday 9-3  
 Friday 9-1

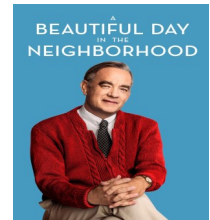
Pick up is available once a month  
 Please call in advance so we can prepare your pick up!  
 508-865-9154



Every Thursday  
 10:00-11:30 am

## Movie & Popcorn

Thursday April 11th—  
 1:00pm



### Get Help Paying Medicare Costs

Apply to the Medicare Savings Program (MSP) NOW to save up to \$3,000 a year on Medicare costs

#### What is the Medicare Savings Program?

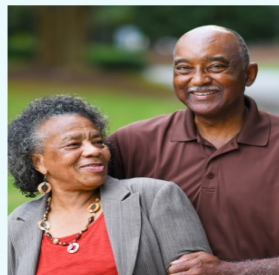
Medicare Savings Programs (MSP) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

#### Who qualifies?

Medicare beneficiaries who meet the following income limits:



You Are	Your income is at or below
Single	\$2,824 per month
Married	\$3,833 per month



**NEW AS OF MARCH 1, 2024: THERE IS NO ASSET LIMIT**

### Breathing Easy Together: Join Us for the Better Breathers Club

Seniors of Millbury, come together to embrace improved lung health and vitality with the Better Breathers Club, facilitated by

Saint Francis Rehabilitation and Nursing Center!

**Tuesday April 30 @ 10:30am**



SHINE provides FREE unbiased health insurance counseling information and assistance to Massachusetts residents with Medicare, their caregivers and those approaching Medicare eligibility.



Millbury Senior Center  
1 River Street  
Millbury, MA 01527

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\*\*\*\*\*ECRWSEDDM\*\*\*\*\*

We would like to thank THE EXECUTIVE OFFICE OF ELDER AFFAIRS for making the distribution of this newsletter possible.

Spelling errors may and do occur. Events, times and dates are subject to change. While it is meant to be informative, please read it with a light and forgiving heart.



## Millbury Senior Center Staff

508-865-9154

**Laurie Keefe, Director**

**Joshua Ryan, Program Administrator**

**Julie Fitzgerald, Outreach Coordinator**

**Cindy Johnson, Administrative assistant**

**Sue Finne, Administrative assistant**

### **Drivers:**

**Jeff Snyder**

**Frank Stano**

**Mike Dostoler**

**Ed O'Connor**



### **COA Board Members**

**Laurie Corkery, Chair**

**Nancy Pratt, Vice Chair**

**Ron Marlborough, Clerk**

**Steve Walinsky, Member**

**Stuart Mulhane, Member**

**Virginia Picking, Member**

**Kevin Higgenbottom, Member**