

Young at Heart

Millbury Council on Aging

1 River Street

Millbury, MA

508-865-9154

March 2024

Hours of Operation

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

<https://www.millburyma.gov/>



MILLBURY SENIOR CENTER

Join us Wednesday March 13th, 2024

Celebrate St. Patrick's Day



Corned Beef and Cabbage Dinner Sponsored by:



NATURE'S
REMEDY

266 N Main Street
Millbury, MA 01527



Entertainment Starts at 11:00am lunch served at 11:45

Call to sign up 508-865-9154

The Mike and Beth Show!
Crowd Pleasing, uplifting fun!



Millbury Senior Center Staff

Laurie Keefe, Director

508-865-9154

Joshua Ryan, Program Administrator

Julie Fitzgerald, Outreach Coordinator

Cindy Johnson and Sue Finne, Administrative Staff



MARCH EVENTS

March 6th– Wednesday– Senator Moore’s Office 11:00am

March 7th– Thursday—Movie— 1:00– Queen Bee’s

March 13th– Wednesday– St. Patrick’s Day Celebration and Lunch—11:00am– sign up

March 15th– Friday– Podiatry– by appointment

March 19th– Tuesday—Craft with Jayne—\$5.00 pp– sign up 12:30pm

March 21st– Thursday—Lunch with the Public Health Director—Must sign up

March 26th– Tuesday-Better Breathers—10:30 am

March 26th- Tuesday—Memory Café– 2:00pm

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March 2024

Sun Mon Tue Wed Thu Fri Sat

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24	25	26	27	28	29	30
31						

Podiatrist!!

Dr. Michael J. Biancamano

Friday March 15th

By Appointment only



Blood Pressure Clinic

Every Tuesday!!

9:00 am – 10:00 am

Senator Moore's Office Hours

1st Wednesday of the month 11:00 am Wednesday March 6

Craft with Jayne

Tuesday March 19th @12:30



\$5.00pp

Easter egg
Decor

SPRING INTO ACTION

STOP&SHOP

Make a difference in your community this March with a Bloomin' 4 Good Bouquet. Throughout this month, each specially marked \$10.99 bouquet (pictured right) sold at our selected Stop & Shop will send a \$1 donation to our organization.

stopandshop.2givelocal.com
Bloomin' 4 Good Program

100 Worcester Street,
Grafton Ma

Millbury Senior Center Food
Pantry



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!

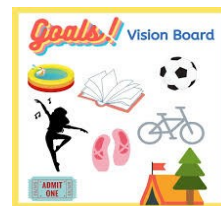
Tuesday March 26 @ 10:30am



Memory Café with Julie

March 26th 2:00pm

Creating a
Vision Board
Collage



Thursday March 7th—Movie and snacks 1:00pm



Transportation

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!!

Our Drivers:

Jeff Snyder

Mike Dostoler

Frank Stano

Ed O'Connor

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 (every other week)

Summer Fun Trips:

May 7, 2024– Boston \$99.00

Duck Boat, Lunch and transportation

June 4, 2024– Gloucester- \$119.00

Lighthouse cruise, lunch and transportation



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



DEPARTMENT SPOTLIGHT
MILLBURY PUBLIC HEALTH DIRECTOR
JULIE VANARSDALEN
MARCH 21ST-11:30AM

COME HAVE LUNCH WITH JULIE AND LEARN WHAT THE PUBLIC HEALTH DIRECTOR DOES FOR OUR COMMUNITY.



SIGN UP FOR LUNCH 508-865-9154

What is public health?

Public health aims to optimize the physical and mental health of the population, paying particular attention to the most vulnerable. Public health plays four essential roles.

1 PROTECT
 Public health protects against immediate health threats and acts to prevent epidemics or other contaminations due to pollutants or hazardous substances.

PUBLIC HEALTH IS HERE

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 Lemon Pepper Fish Rice Pilaf Roasted Brussels Sprouts Tropical Fruit Whole Wheat Bread
	<u>MENU SUBJECT TO CHANGE</u>			
	Your \$3.00 Donation is Appreciated!			
4 Teriyaki Beef Steamed Rice Broccoli Fresh Fruit Fortune Cookie Whole Wheat Bread	5 Marinated Pork Loin Herbed Stuffing Peas Cinnamon Pears Pumpernickel Bread	6 Chicken Vegetable Stir Fry Brown Rice Green Beans Fruited Ambrosia Italian Bread	7 Salisbury Steak w/Gravy Garlic Mashed Potatoes Herb Carrots & Broccoli Brownie Diet = Cookies Sandwich Roll	8 Vegetable Cheese Bake Seasoned Potatoes Green Beans Rice Krispy Treat Italian Bread
11 Chicken Picatta Wild Rice Roasted Broccoli Cookies Pumpernickel Bread	12 Meatballs w/Onion Gravy Bowtie Pasta Scandinavian Vegetables Fresh Fruit French Bread	13 Roast Pork w/Gravy Cranberry Stuffing California Vegetables Apple Crisp Diet=Applesauce Marble Rye Bread	14 Corned Beef Boiled Potatoes Cabbage & Carrots Vanilla Mousse Whole Wheat Bread	15 Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Ambrosia Pumpernickel Bread
18 Lasagna & Meatballs w/ Marinara Sauce Mixed Vegetables Yogurt French Bread	19 Beef w/Onions & Peppers Potato Wedges Honey Glazed Carrots Fresh Fruit Sandwich Roll	20 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	21 Hot Dog Baked Beans Coleslaw Baked Apples Hot Dog Roll Mustard	22 Salmon Primavera Wild Rice Peas & Pearl Onions Lemon Pudding Diet = SF Tapioca Pudding Whole Wheat Bread
25 Beef Stew Rice Corn Niblets Pineapple	26 Buttermilk Chicken Cranberry Stuffing Roasted Brussels Sprouts Peaches Whole Wheat Bread	27 Baked Potato w/Chili & Cheese Broccoli Sour Cream Chocolate Mousse Pumpernickel Bread	28 Maple Glazed Ham Mashed Potatoes Glazed Carrots Cake / Diet = Half Piece Cake Italian Bread	29 Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Fresh Fruit

News from SHINE Medicare Counseling Program: March 2024

Question: What if I missed the Medicare Open Enrollment Period in the fall? Can I still make a change to my coverage for 2024?

People who are currently enrolled in a Medicare Advantage plan have until March 31st to make changes to their plan during the Medicare Advantage Open Enrollment Period (MA OEP).



The MA OEP occurs each year from January 1st to March 31st and is available to people who are enrolled in a Medicare Advantage plan. You are allowed to make one change during this period, and it takes effect the first day of the month after you enroll. For example, if you submit an enrollment request in March, your new coverage begins April 1st.

Changes that can be made during this period include switching to:

- a different Medicare Advantage plan (with or without drug coverage)
- Original Medicare and a Part D plan (you can also add a Medigap plan)
- Original Medicare without a Part D plan (you can also add a Medigap plan).

This is an opportunity to make a change if you find your current coverage is not working for you: for example, if your doctors no longer accept your plan.

People who have Extra Help to pay for their Part D prescription coverage are allowed to make a change to their coverage during the 1st, 2nd, or 3rd quarters of the year. If you have Extra Help and you are unsure if you have the best coverage to meet your needs, please make an appointment to speak with a SHINE counselor!

SHINE (Serving the Health Insurance Needs of Everyone) has certified counselors available to assist you with questions about Medicare. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans. SHINE is federally funded and administered through the State.

To make an appointment, call your local senior center or call the Central Mass Regional SHINE Office at 508-422-9931. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom), email, or postal mail. We also offer excellent resources online through our website at www.shinema.org.



Call to schedule your appointment with
our SHINE Counselor Kaye Peltier

508-865-9154

You might notice a plastics film recycling bin in the Senior Center, we also have one at the Town Hall and Library.

These bins are for plastic **Film only**- Bread bags, grocery bags, plastic film from cases of water...etc... Please help us collect our 1000 lbs!

NexTrex Recycling Challenge

What can be recycled?

All plastic must be clean, dry and free of food residue.



What does Trex provide?

- Up to three recycling bins
- Posters

What can I win?



Trex Bench

my active center

How It Works

Have you been issued a **Key Tag** from a local community center? Go to- <https://myactivecenter.com/>

From there you'll be asked to select your local center and type in your **Key Tag** number and home phone number.

Once you've activated your account, you can join groups and enroll in activities at that center online.

When you enroll in an activity, it appears on your My Activities page.

If you and your spouse share an e-mail address, you can add them to your account from the My Account page.



Applications for SNAP assistance are by appointment only at the Senior Center
Call Julie 508-865-9154



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

Millbury Senior Center
1 River Street
Millbury, MA 01527

PRSR-STD
U.S. POSTAGE
PAID
MILLBURY, MA
PERMIT NO 15

*****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.



If you would like to Continue to receive our Newsletter in the Mail:

COMPLETE AND RETURN THIS FORM WITH THE FOLLOWING INFORMATION:

Name: _____

Address: _____

City/State/Zip: _____

Mail Form To: Millbury COA– 1 River Street Millbury, MA 01527

OR drop it off at the Senior Center (you only need to do this once)