

LEONARD E. SIMMONS SENIOR MULTI-SERVICE CENTER

558 PLYMOUTH STREET
MIDDLEBOROUGH, MA 02346

MIDDLEBOROUGH



(508) 946-2490
FAX (508) 946-2489
T.D.D. (508) 946-4446

Andrea M. Priest, Executive Director

MAY
2016

LENDING A HAND TO ALL

www.middleborough.com

SENIOR CENTER ACTIVITIES

Are You OK? Safety Assurance Program
Big Screen Television
Bridge
Ceramics
Congregate Meals
Cribbage
Community Outreach
Dance: Square
Day Trips
Drawing Classes
Food Stamp Application
Fuel Assistance
Gift Shop
Health Education Workshops
Hearing Screening
Information/Referrals
Intergenerational Programs
Knitting & Crochet
Legal Referrals
Legislative Hours
Lunch Served Daily
Meals on Wheels
Medical Equipment Loans
Men's Social Group
Movies
Oil Painting Classes
PediCare services
Pool Tables
Quilting
Seasonal Celebrations
SHINE Medicare Counseling
Supportive Day Program
Support Groups
 Caregiver's
 Bereavement
 Visually Impaired
Transportation
Town Nurse Visits
Volunteer Opportunities
Watercolor Painting
Wellness Programs
 Chronic Disease Self Management
 Strength and Balance
 Walking Club
 Yoga
Whist
Wii

Join us at the
COA

Mon.-Fri.
8:00 AM to 4:30 PM

Notes from the Director, Before it's too late...

Many days at the COA, people ask us for help in planning their final days. Many times, family members ask for help because their loved ones have not planned and now they have the responsibility to make all the decisions- many times in the midst of deep grief. People do not want to talk about death, my parents thought it might "test fate." People may think it is morbid or maybe it is just too overwhelming? When you start to make decisions, you realize how many decisions there are to make. As a daughter, I remember clearly how uncomfortable it was to bring up the subject. My father's first response was a gruff, "What--- do you want my money?" I only wanted to know what THEY wanted. So I continued to bring it up, leave pamphlets and booklets and lists of questions. When they finally decided to talk about it, I learned all kinds of things, some of their wishes were very surprising. It is a complicated subject involving religion, relationships, and finances- no wonder why we avoid it. Once the conversation was open, there was no end to the discussion, and it actually became a part of each visit. They would write little notes as they thought of things. What a gift it was to me to know what they wanted for a final resting place, for services, for photos, for music and even food- Portuguese food for Dad and Italian food for Mom. We had so many nice conversations and believe it or not even some laughs as my mom announced that she wanted to be "put out to sea in a ring of flowers and fire" like some movie she had seen. We met with a funeral home and made all those decisions so we only had to make a call when the time came, and everything was in place. You can choose your legacy and whether your passing can be a celebration of life or a burden of unfinished business. Even if you cannot bear to talk to a loved one, perhaps you could write it down and tell someone where it is? It is a lasting gift to your loved ones... before it's too late.

Hope to see you soon, Andrea

CELEBRATE MOTHER'S DAY

The Dave Burbank Duo

WEDNESDAY, MAY 4 -Luncheon at 12:00 (please arrive by 11:45) - Show at 1:00
Baked Rosemary Chicken Luncheon \$5.00 suggested donation

It's a treat to welcome back Dave Burbank, a great singer and fine entertainer. As a double treat, Dave is bringing his singing partner and wife, Marcia. Dave's Duo will put on a smooth and elegant show featuring a wide range of styles and a fair share of audience participation-- just right for our Mother's Day Celebration. Come for lunch and stay for the performance. Refreshments will be provided by Comfort Keepers.

Reservations are a MUST—Please call 508-946-2490

JOIN US FOR OUR OPEN HOUSE, Friday- May 13, at 1:00- see page 9

CAN YOU HELP?

Please drop off at the COA front desk.

- Kleenex Tissue
- Heavy Duty Aluminum Foil
- Napkins and Paper Towels
- COFFEE**— Regular and Decaf
- Hot and Cold Cups— 8 ounce
- Canned Cooking Spray
- Zip Lock Sandwich Bags
- Dish Soap (not dishwasher)
- Large, Deep 20x12
- Aluminum Steamer Pans

Thank you for your support!

**Rite Aid Pharmacy
Wellness Ambassador**

 * Rite Aid Wellness Ambassador, Denise Salvador, will be
 * here on May 26 at 10:30 to answer your questions on Sun
 * Safety and Skin Cancer. As always, she will bring infor-
 * mation, coupons and samples.
 *

**GOOD TIMES CLUB
SUPPORTIVE DAY PROGRAM
News of the Day**

“There are good ships, and there are wood ships, the ships that sail the sea, but the best ships are friendships, and may they always be.”

Our thanks to Val who is painting our windows for the season. See if you can find the inchworm she has hidden in the scenery.



**FOOD PANTRY NEEDS
Kindly help us help those in need**

- NEEDED** Pudding cups, small
- all-fruit cups, sugar free cups
- Hearty, low-salt soups
- Peanut butter, Jelly
- Sugar free snacks
- Powdered, boxed, and canned milk**
- Gift cards are always welcome:
Hannaford, Trucchi's, Benny's, Walmart



**HEARING SCREENINGS
May 10, 2016**

Free hearing screenings and free minor repairs to hearing aids are provided. Appointments are required. Call the COA at 508-946-2490. *You should hear what you're missing!*



**FREE LEGAL ADVICE
May 10, 2016**

Attorney Youngberg will be here to answer questions on simple estate planning, health care proxies and Mass Health issues. Call the COA at (508) 946-2490 to set up your free 20-minute appointment.



Transportation is available, for Middleboro Seniors, to most groups and activities. 24 hour notice required. Call the front desk for a ride.

“MY LIFE, MY HEALTH”

**Thursday Mornings
Orientation: May 12th, 9:00-10:00
Workshops: May 19 through
June 23 from 9:00-11:45**

“MY LIFE, MY HEALTH” is a series of 6 workshops open to first timers only, presented on consecutive Thursdays, starting at 9:00 in the morning and running until 11:45. The workshops focus on self-management of chronic conditions. Let's face it – if you live to be a senior, you've probably got a chronic condition of SOME kind, or are a care-giver for someone with a chronic condition. This workshop series, co-led by Susan Beaulieu & Susan Hotchkiss, is designed to give you the tools to live a healthier and richer life. Free lunch and transportation available for participants. Please call 508-946-2490 to sign up for the orientation and workshop series.

ART FOR YOUR MIND

The Fascinating Georgia O'Keeffe

Friday, May 20 ~ 1:00-2:00

Art Historian Jill Sanford will be back with us on May 20th for a presentation on the life and work of Georgia O'Keeffe, one of America's most innovative artists. Art for Your Mind is engaging, educational, art observation – no prior art experience is necessary. Please call 508-946-2490 to sign up.



**Creative Thinking through
Art Observation**

2016 DAY-TRIPS

There are THREE great day-adventures (Fox Bus Tours) on the COA calendar. For all trips, please call Susan Hotchkiss at 508-946-2490 for more information and reservations.

NEWPORT PLAYHOUSE & CABARET

“Play It Again, Sam”

Thursday, June 2

Departure 9:00 ~ Return 6:00

\$89.00 per person

Bountiful Luncheon Buffet, Theatre Comedy (“Play It Again Sam”) and Dessert Cabaret. “Bookish and insecure with women, Allen’s hero (Humphrey Bogart) comes to the rescue with a bevy of beauties played out in hilarious fantasy sequences. Allan mostly resembles a disheveled, friendly dog, and this is what charms his best friend’s wife into bed.” Payment is due after May 1. Final day to sign up is May 26.

CRUISING THE CHARLES RIVER

Thursday, July 14

Departure 9:00 ~ Return 5:30

\$79.00 per person

Narrated bus tour of the “New Boston,” Rose Kennedy Greenway, Boston Public Gardens, Swan Boats, and more. Delicious luncheon at Cheesecake Factory. Delightful cruise up the Charles River with narration of the most historic sights of Boston and Cambridge. Time permitting, shopping at Cambridge Side Galleria Mall. Payment due after June 13.

Final day to sign up July 7.

NEW HAMPSHIRE TURKEY TRAIN

Thursday, September 29

Departure 8:30 ~ Return about 6:30

\$79.00 per person

Enjoy the Fall Colors of the beautiful White Mountains area of “The Granite State.” Board the Railroad Dining Car in Meredith and travel along Lake Winnepesaukee while enjoying a feast prepared by Hart’s Turkey Farm: roast turkey, whipped potatoes, butternut squash, a beverage and an ice cream sundae. Payment due after August 28. Final day to sign up September 22.

PANCAKE BREAKFAST Fundraiser

at the COA Saturday, May 7

8:00am-11:00am

Middleboro Friends Group” is sponsoring their ninth breakfast, and all the proceeds will be donated to the COA. The menu includes: Pancakes and toppings, Scrambled eggs, bacon, sausage and ham, juice, coffee and tea. Tickets are \$6.00 for adults, \$4.00 for children under 12 and a family rate of \$20.00 (2 adults and 3 children). There will be a children’s activity table.



OUR THANKS TO MIDDLEBORO FRIENDS!



Need help with prescription drug costs?

Prescription Advantage may be your answer!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit! Who can join?**

If you are a **Massachusetts resident, eligible for Medicare**, and are:

- 65 years or older with an annual income at or less than \$59,400 for a single person or \$80,100 for a married couple OR
- Under 65 years and disabled, with an annual income at or less than \$22,334 for a single person or \$30,118 for a married couple.

You may also join... if you are 65 years or older and **not eligible for Medicare. There is no income limit.**

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,640 for a single person and \$48,060 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to www.prescriptionadvantagemma.org.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call 1-800-AGE-INFO (1-800-243-4636), then press or say **3**. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

2016

MAY 2016
WEEKLY ACTIVITIES

2016

All activities are open to the public.
For more information or an appointment, Please give us a call 946-2490.

Monday– Friday, 8:00am– 10:00am, Walking Club at the Middleboro YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) 9:30 Ceramics 10:00 YOGA 12:00 Lunch 12:30 Contract Bridge 12:45 Wii 1:00 Ceramics 1:30 Strength & Balance	3) 9:00-Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting & Crochet Group 12:00 Lunch 1:00 Cribbage & Whist 1:00 Drawing Class	4) 8:30-10:30 LIBBY's CAFE 9:30 Strength and Balance 10:30 Men's Social Group PEDICARE by appt. 12:00 Lunch 1:00 EVENT 1:00 Quilting	5 9:00 Shopping at Trucchi's Supermarket 10:00 Watercolor Painting 12:00 Lunch	6) 9:00 Oil Painting 9:30 Square & Round Dancing 10:00 Table Pool 12:00 Lunch 12:30 1:00 Cribbage & Whist 1:00 Walking Club
9) 9:30 Ceramics 10:00 YOGA 12:00 Lunch 12:30 Contract Bridge 12:45 Wii 1:00 Ceramics 1:30 Strength & Balance	10) 9:00-Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting & Crochet Group 12:00 Lunch 12:30-2:30 MEMORY CAFÉ 1:00 Cribbage & Whist 1:00 Drawing Class	11) LIBBY's CAFE 10:30 Town Health Dept. Blood Pressure Screening 10:30 Men's Social Group 10:30 Strength and Balance 12:00 Lunch 1:00 Paper Art 7:00 PM CAREGIVER SUPPORT GROUP	12 9:00 Shopping at Trucchi's Supermarket 10:00 Watercolor Painting 12:00 Lunch 12:45 MOVIE	13) 9:00 Oil Painting 9:30 Square & Round Dancing 10:00 Table Pool 12:00 Lunch 1:00 Cribbage & Whist 1:00 Walking Club 1:00 OPEN HOUSE
16) 9:30 Ceramics 10:00 YOGA 12:00 Lunch 12:30 Contract Bridge 12:45 Wii 1:00 Ceramics 1:30 Strength & Balance	17) 9:00-Shopping at Hannaford Supermarket PEDICARE by appt 10:00 Table Pool 10:00-12:00 Knitting & Crochet Group 12:00 Lunch 1:00 Cribbage & Whist 1:00 Drawing Class 1:00 Low Vision	18) 8:30-10:30 LIBBY's CAFÉ Veteran's Agent by appt. 10:30 Strength and Balance 10:30 Men's Social Group 12:00 Lunch 1:00 Quilting	19 9:00 Shopping at Trucchi's Supermarket 10:00 Watercolor Painting	20) 9:00 Oil Painting 9:30 Square & Round Dancing 10:00 Table Pool 12:00 Lunch 1:00 Cribbage & Whist 1:00 Walking Club
23) 9:30 Ceramics 10:00 YOGA 12:00 Lunch 12:30 Contract Bridge 12:45 Wii 1:00 Ceramics 1:30 Strength & Balance	24) 9:00-Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting & Crochet Group 12:00 Lunch 1:00 Cribbage & Whist 1:00 Drawing Class	25) LIBBY's CAFE 10:30 Strength and Balance 10:30 Men's Social Group 10:30 Town Health Dept. Blood Pressure Screening 12:00 Lunch 1:00 Paper Art	26 9:00 Shopping at Trucchi's Supermarket 10:00 Watercolor Painting 12:00 Lunch 12:45 Movie	27) 9:00 Oil Painting 9:30 Square & Round Dancing 10:00 Table Pool 12:00 Lunch 12:30 MOVIE 1:00 Cribbage & Whist 1:00 Walking Club
30 HOLIDAY 	31 9:00-Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting & Crochet Group 12:00 Lunch 1:00 Cribbage & Whist 1:00 Drawing Class	HEALTHY MEAL FOR ONE Rice (quinoa) salad. Pre-chopped stir-fry vegetables (onion, red pepper, mushrooms). Combine with pine nuts or pecans and cooked quinoa. Toss with Italian salad dressing. Eat fresh, warm or cold; keeps well refrigerated. The USDA recommends steaming or sautéing vegetables in olive oil instead of boiling, which drains the nutrients.		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			 <p>Coffee, Tea & Goodies Served each day In the function room 25 cents Thank you to Hannaford's and Panera Bread for their donations.</p> 	

PANCAKE BREAKFAST Fundraiser at the COA
Saturday, May 7- 8:00am-11:00am

“Middleboro Friends Group” is sponsoring their ninth breakfast, and all the proceeds will be donated to the COA. The menu includes: Pancakes and toppings, Scrambled eggs, bacon, sausage and ham, juice, coffee and tea. Tickets are \$6.00 for adults, \$4.00 for children under 12 and a family rate of \$20.00 (2 adults and 3 children). There will be a children’s activity table.

OUR THANKS TO MIDDLEBORO FRIENDS!

<p>2 Tomato Soup Tuna Salad over Lettuce w/tomato Potato Puffs Wheat Rolls Ice Cream</p>	<p>3 BBQ Pork Patty Sandwich French Fries Broccoli Jello</p>	<p>4 EVENT \$5.00 Baked Rosemary Chicken Rice Pilaf Green Beans French Bread Strawberry Shortcake</p>	<p>5 Ziti with Meatballs Garden Salad Garlic Bread Mixed Fruit</p>	<p>6 Fish Sandwich with Cheese 3 Bean Salad Chilled Peaches</p>
<p>9 Egg Omelet with Colby Jack Cheese Cinnamon French Toast Bacon Mixed Fruit</p>	<p>10 Chicken Cutlet w/ gravy Baked Potato Spinach Multi Grain Bread Pudding Parfait</p>	<p>11 American Chop Suey Garden Salad Peach Crisp</p>	<p>12 French Bread Pizza Garden Salad Pudding</p>	<p>13 OPEN HOUSE Meatloaf with Gravy and peppers Scalloped Potato Green Pea Pods Rye Bread Jello</p>
<p>16 Hot Roast Beef Dinner Baked Potato Peas & Carrots Italian Bread Pudding Parfait</p>	<p>17 Smorgasbord Day Bread Basket Surprise Dessert</p>	<p>18 Chicken Kiev Broccoli French Fries Rolls Frosted Cake</p>	<p>19 Pork Roast Baked Sweet Potatoes Green Peas Corn Bread Ambrosia</p>	<p>20 \$5.00 Fresh Fish Bake Rice Pilaf Coleslaw Dinner Rolls Mandarin Oranges</p>
<p>23 BBQ Chicken Mixed Vegetables Buttered Noodles Scali Bread Mixed Fruit</p>	<p>24 Cheeseburger Plate Potato Salad Chilled Pears</p>	<p>25 Egg Salad w/ Lettuce & Tomato Potato Chips Apple Crisp</p>	<p>26 Knockwurst Boiled Dinner w/ Cabbage, Carrots and Potato Oatmeal Bread Grapenut Custard</p>	<p>27 Salmon Chowder Chef's Salad Wheat Rolls Chilled Peaches</p>
<p>30 </p>	<p>31 Cheese Ravioli Green Peas Garlic Bread Pineapple Bits</p>	<p align="center">LUNCHES AT THE COA Please call for lunch reservations before 10:00, and plan to arrive by 11:50. Drinks are served before lunch, and lunch is served promptly at 12:00. Thank you for helping us to serve you better!</p>		<p>Menu is subject to change. Coffee, tea or milk is served with all meals. Please make reservations and remember to cancel if you cannot attend.</p>

MEMORY CAFÉ

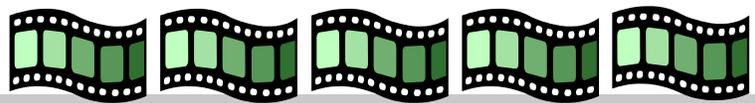
The Middleboro COA has received a grant from DDS Department of Developmental Services to offer a

**COMMUNITY
MEMORY CAFÉ**
Come Join us
Tuesday- May 10
12:30-2:30

A Memory Cafe is a regularly-scheduled time and safe place for individuals with memory issues AND their care partners to meet together for socialization, fellowship, community-building and information.

Join us for activities, music, games, conversation, creative projects, movement, refreshments and friendship.

Please RSVP to help with our planning to:
Susan Adams, 508-946-2490.



MOVIES and POPCORN
Friday Theatre at the COA
Please Call to reserve you seat

May 12 at 12:45
WOMAN IN GOLD
1 hr 49 min – 2015 – PG-13
Biography~Drama~History

**Starring: Helen Mirren
& Ryan Reynolds**



This is the story of an octogenarian Jewish refugee, Maria Altmann, who takes on the Austrian government to recover artwork she believes rightfully belongs to her family. In working to regain her aunt's world-famous painting, she seeks to claim a measure of justice from the Nazi plunder of World War II.

May 26 at 12:45
THE LUNCHBOX
1 hr 44 min – 2013 – PG
Drama ~ Romance



The film, set in Mumbai, revolves around a mistaken delivery by the Dabbawalas (lunchbox service) of Mumbai. This delivery error leads to a relationship between Saajan, a lonely widower close to retirement, and Ila, an unhappy housewife, as they start exchanging notes through the daily lunchbox.

“GO THE DISTANCE”

State 1-Mile Walk Challenge
Training: All May Fridays at 1:00
CHALLENGE: Friday, June 3, 1:00

Anyone interested in walking? The MCOA (Mass. Assoc. of Councils on Aging) and the “Keep Moving Walking Clubs” have challenged us to “GO THE DISTANCE” with a state-wide one-mile walk challenge. We are going to use our parking lot (10 laps=one mile) at 1:00 on Friday afternoons in May. This is for “training” as well as fun and exercise. The 1-mile challenge is set for 1:00 on Friday, June 3. Again, we will use our parking lot. To sign up, please call the COA at 508-946-2490. All are welcome.



GARDENING TEAM AT THE COA
2ND & 4TH Fridays at 9:00
Starting May 13
May into September

Old Colony Elder Services (OCES)
“Lunch and Learn”
June 22, 12:30– workshop

Noon lunch- \$4.00 suggestion donation
12:30– workshop

Not required to have lunch
to participate in workshop

TOPIC:
The Truth
About Artificial Sweeteners
Barbara Nalen-Cardosa, is a
Registered Dietitian Nutritionist from
OCES, and will be offering
this workshop.



The weather is turning, and it's time to tend our gardens: vegetables, flowers, perennials & annuals. Join the Gardening Team from 9:00 to about 10:30 on alternate Fridays starting in May and running into September. We have many beautiful spots that will flourish under your tender loving care. Sign up, or just show up! Bring gloves and hand tools if you have them. Call the COA for more information.



**COA OPEN HOUSE
Friday
May 13 at 1:00**

Welcoming all (but especially newcomers) to enjoy a tour of the COA, meet the staff, receive a welcome packet of information and enjoy some refreshments. Please RSVP if possible 508-946-2490.



When your 10 ride bus pass is all used, enter it into a drawing for a free lunch. Once a month we will draw a used bus pass to choose the winner. Drawing box at the COA front desk.

GIFT SHOP

Open Tuesday, Wednesday,
Thursday
9:00 AM to 1:00 PM
Donations are accepted.
Closed Mondays & Fridays.



*Proceeds benefit the COA.
We accept donations of gently used, clean items.*

"PAPER ART"

**2nd and 4th Wednesdays
May 11 and May 25
1:00-3:00**

There is a modest materials charge for each class

Please call to sign up:
508-946-2490

SCAM ALERTS

Scammers Use Robocalls to Prey on Consumers

Scammers are inundating consumers with phone calls. Many, if not most, of these calls originate from overseas. The companies or individuals that are generating the current robocalls do not abide by the 'Do Not Call' rules. They hawk everything from "free" cruises to medical alert devices, credit card interest rate reduction; electric company programs purported to be from the government, and even impersonating the IRS, threatening you with arrest or fines for not paying back taxes! The biggest question about robocalls is "how do I stop them?" For now, the best steps consumers can take are to get educated about the robocall issue and learn the warning signs to prevent fraud from occurring. Tips include:

If you do answer a robocall, hang up immediately. Don't press "1" or any other keys to speak to a live operator or even to have your number removed from the robocallers list.

Be aware that the number or caller information showing up on Caller ID may not be legitimate. Robocallers can make your **Caller ID** show that the call is coming from a local number, or a known organization such as the local police department, a federal agency, or your bank thanks to "spoofing" technology. If you're concerned that the caller may be legitimate, hang up and call your local bank or agency directly.

Do not give sensitive personal information out over the phone. This information includes your full name, mailing address, Social Security Number, bank routing number, credit or debit card number, or other types of information about yourself. Do not verify anything. Simply hang up.

Add your home and cell phone numbers to the National 'Do Not Call' Registry at DoNotCall.gov or call 1-888-382-1222 from the phone number you want to list. Report fraudulent robocalls to the Federal Trade Commission, 1-877-382-4357.

Spread the word!

OFFICE HOURS

Senator MARC PACHECO

Contact Sen. Pacheco's office
at 617-722-1551

OFFICE HOURS

Representative KEIKO ORRALL

2nd MONDAYS , 12:30-1:30

**On Holiday Mondays,
call to get new date**





Did you know you can take classes at Massasoit right here in Middleborough?

We offer computer courses, foreign languages, history, film, music appreciation, quilting, extreme couponing, and so much more!

Middleborough Center
 49 Union Street (behind Town Hall)
 Middleborough, MA 02346
 508-588-9100, x4002
www.massasoit.edu

The Importance of Neighbors

Neighbors can be very supportive if they are aware of the problems you have with your family member who is suffering from Alzheimer's or Dementia. Many neighbors have been close friends for decades and may be witness to confusing behaviors. If your loved one is home alone, another pair of eyes can be a help. Diana has a sample letter which explains to neighbors and friends about the changes your loved one is going through, what they can do to help and the calls to make if they see your loved one wandering. Wandering is a serious and dangerous issue many families face. This is a generic letter that can be modified to fit your individual situation. If you are interested in this, see Diana in Outreach.

Funny Words of Wisdom

- ✧ A closed mouth gathers no foot.
- ✧ A clean desk is a sign of a cluttered desk drawer.
- ✧ A clear conscience is usually the sign of a bad memory.
- ✧ A conclusion is the place where you got tired of thinking.
- ✧ A day without sunshine is like, night.
- ✧ A flashlight is a case for holding dead batteries.
- ✧ Chocolate: the OTHER major food group.
- ✧ Consciousness: That annoying time between naps.
- ✧ Ever stop to think, and forget to start again?



Helping the community is always a smart investment.

Rockland Trust is dedicated to giving back to the communities we serve. We know that by taking action, we're strengthening the same communities in which we live and work. And that's something we can all get behind.

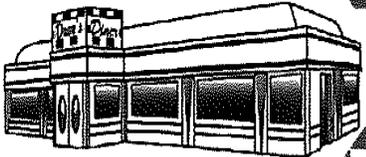
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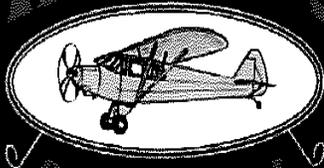
Dave's Diner "The Hottest Diner Around"
 Breakfast - Lunch - Dinner
 Open 5:30 am • 7 Days



Try OUR NEW COUNTRY FRIED CHICKEN

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HARRY'S
 KENO BAR & GRILL



Wide Screen TV's

LUNCH & DINNER VISA

Steak • Seafood • BBQ • Chicken • Pizza

Famous for our Buffalo Wings & Roast Beef Sandwiches
 Open Tues - Sat at 11 am
 Sunday at Noon • Monday Closed
Bar Open to 1 AM
 Serving Food Until Midnight

SPECIALS
 Tuesday: 1/2 price Chicken Wings!
 Wednesday: Buy any Pizza - get a cheese Pizza for \$1.00
 Thursday: Full Rack of BBQ Pork Ribs \$11.99
 Sunday: Buy any Pizza - get a cheese Pizza for \$1.00
 (no to-go's, not valid w/ any other offer)

Children's Menu • Eat in or Take Out

Follow Rt 28 1 mile South of Middleboro Rotary
 407 W. Grove Street • Middleboro
 508-947-9297

**You put community first.
 We put you first.**

Eastern Bank is proud to support the Middleborough Council on Aging.

Here, you're first.
Eastern Bank
 Member FDIC hereyourefirst.com

Gregory Scot Jewelers



Scot Dean
 President

Hours:
 Tue-Fri 9:30-5:00
 Sat & Mon 9:30-3:00

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45 Centre Street • Middleboro, MA 02346
 Tel: 774.213.9264 • Fax: 774.213.9266
 scot@gregoryscotjewelers.com • www.gregoryscotjewelers.com

Dr. Dwayne R. Hannam
 Dr. Barbara J. Hannam

Cranberry CHIROPRACTIC



FAMILY CHIROPRACTIC CARE

205 WEST GROVE STREET • SUITE D • MIDDLEBORO, MA 02346
 508.947.6455



Thank you to our State Representatives

Keiko M. Orrall
 State House
 Room 540
 Boston, MA 02133
 Phone: 617-722-2090
 Email: Keiko.Orrall@mahouse.gov

Susan Williams Gifford
 State House
 Room 124
 Boston, MA 02133
 Phone: 617-722-2100
 Email: Susan.Gifford@mahouse.gov

Thomas J. Calter
 State House
 Room 443
 Boston, MA 02133
 Phone: 617-722-2460

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MIDDLEBOROUGH COUNCIL ON AGING NEWSLETTER
558 PLYMOUTH STREET
MIDDLEBOROUGH, MA 02346

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MA 02346

COA STAFF

Andrea Priest- Executive Director
Linda Eatheron -Assistant to the Director
Terri B. Wager-Meals on Wheels Coordinator
Regina Bissonnette- Receptionist/Dispatcher
Carol Smith- Receptionist/Dispatcher

Diana Ambrose- Outreach/Health Coordinator
Susan Hotchkiss-Activity/Volunteer Coordinator
Susan Adams- Supportive Day Program Director
Valerie Morse- Supportive Day Program-
Activity Coordinator
Michelle McClellan- Supportive Day Program-
Activity Assistant
Barbara Fontaine- Supportive Day Program-
Activity Aide
Mary Bessey- SHINE Regional Director
Tracey Benson- SHINE Assistant Director

Shirley Ruberto- Head Cook
Laura Ibbitson- Assistant Cook
Maureen Phillips- Kitchen Assistant
Noreen Bjorkman- Kitchen Assistant
Kenneth McKee- Custodian

Mike Cruise- Driver
Bob Doulette-Driver
Richard Gilli- Driver
Kenneth Lagerblade- Driver
Kathy Tobin- Driver

**COUNCIL ON AGING
BOARD MEETING**

Second Wednesday
of every month
at 7:00 PM at the COA

No meetings in
July and August.

BOARD OF DIRECTORS

Arthur Turcotte- Chairperson
Wayne Perkins-Vice Chair
Sim Bullard-Treasurer
Elizabeth Wainwright- Secretary
Robert Burke
Jeanine Knowlton
Elizabeth McLean
Anne Renaux
David Singer
James Waite
Richard Young

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