

# The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

April/May 2013

62 Providence Road \* Mendon, MA 01756 New Hours: 8:30 AM-3:30 PM Monday-Thursday \* (508)478-6175 coa@mendonma.gov

## Friends Book Fair

Friday, April 5th 3-7pm

Saturday, April 6th 9am-2pm

Mark your calendars and be sure to let your family and friends know about this fabulous sale. You're sure to find many treasured titles among our stock of hard and soft covered books as well as a variety of movies and puzzles. And don't miss out on a chance to win our coveted Red Sox and Lottery Raffle baskets! Shoppers love coming to our book sales because, as they tell us, we are organized!

We are in need of a few more volunteers to help with set up on Thursday, April 4th and Friday morning, sales help Friday & Saturday and help with clean-up on Saturday at 2:00pm. Stop by the center to sign up or contact President Marty Fletcher at 508-473-3922 for more information. Special thanks to dedicated volunteers John Cicchese, Sharon Cutler, Paul Doucette, Marty Fletcher, Stu Mills, Peg Tetreault and Dick & Diane Wilt for their organizational expertise.

## Volunteer Appreciation

Wednesday, April 17th 11:30am

Volunteers are the Mendon Senior Center's greatest natural resource. Without dedicated volunteers like YOU the Mendon Senior Center could not provide the many quality programs, special events and weekly meals benefiting many over 9,000 guests annually. During 2012 Senior Center volunteers and Friends of Mendon Elders members once again logged more than 4,000 volunteer hours collectively! At this year's event we will feature the team building program: Laughter for the Health of It by presenter Mark Sherry followed by a light meal. This program is the first in a three part series sponsored by the Mendon Cultural Council a member of the Massachusetts Cultural Council. Invitations will be mailed in early April to volunteers who have given over 25 hours this past year. Please RSVP by April 12th.

Mark Sherry is Certified as a Therapeutic Laughter Leader by Laughter Yoga International & The World Laughter Tour. He holds a Masters degree in Educational Psychology from New York University and an M.Ed. from Columbia University. For over 4 years he's been conducting Therapeutic Laughter Sessions for large and small groups, seniors, couples, organizational team building, summer camps etc. and enjoys spreading the benefits of laughter to all.

## Mendon Minstrels

### Spring Program ~ & Delicious Potluck

Come enjoy a wonderful array of timeless endearing tunes performed for your listening pleasure by our own Mendon Minstrels on Thursday, May 16th at 11:00am sharp, just prior to their summer hiatus. Why not invite a friend and join us for a fabulous potluck luncheon immediately following. Feel free to call the center at 508-478-6175 for suggestions or stop by to sign up for one or both programs. And please be sure to arrive early to drop off your contribution the day of the event so our program can start promptly. Thank you.

## 2013 Mendon Senior of the Year ~ Nominations being accepted!

Since 1978 some deserving person (or persons) has been awarded the annual distinction of Senior Citizen of the Year. The chosen Mendon resident generally exemplifies a spirit of public service and has made a positive difference in the community. Written nominations will be accepted until June 1st and the award will be presented in September. Please drop off or mail nominations to the Senior Center at 62 Providence Street, Mendon, MA 01756.

## Spring Highlights April/May 2013

- Tuesday/Thursday  
Tri-Valley Lunches 12:00  
Transportation Available
- Wednesday, April 3 10:30  
Mechanics Hall ~ Jazz
- Friday/Saturday April 5 & 6  
Friends Book Fair
- Monday, April 8 11:00  
Friends Meeting
- Wednesday, April 10 9:00  
COA Meeting
- Thursday, April 11 12:00  
Homemade Pasta Luncheon
- Wednesday, April 17 11:30  
Volunteer Appreciation
- Tuesday, April 23 11:00  
VNA Blood Pressure Clinic
- Wednesday, April 24 1:30  
Fallon Informational Session
- Wednesday, May 8 9:00  
COA Meeting
- Thursday, May 9 10:30  
Cooking Healthy for One
- Monday, May 13 10-11:00  
Senator Moore Office Hour
- Monday, May 13 11:00  
Friends Meeting
- Tuesday, May 14 10:30  
Estate Planning
- Wednesday, May 15 9-11:00  
Podiatry Clinic
- Thursday, May 16 10:30  
Mendon Minstrels &  
Potluck Luncheon
- Monday, May 20 1:00  
CPR Certification
- Wednesday, May 29 3:30  
Laughter Yoga



The  
"Mendon Senior Sentinel"

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Council on Aging

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Executive Office of Elder Affairs

## In Sympathy

The Mendon Council on Aging and The Friends of Mendon Elders extend their heartfelt sympathy to the family and friends of the following Mendon seniors and former residents:

Theresa Belliveau  
John Dondero, Jr.  
Betty Phipps

## Tri-Valley Lunches April Menu

Served 12:00 noon  
Tuesdays & Thursdays  
Cost: \$2.00 Donation per meal

Tuesday, April 2  
Baked Ham with Raisin Sauce

Thursday, April 4  
Swedish Meatballs

Tuesday, April 9  
Yankee Chicken Pie

Thursday, April 11  
Taste of Italy ~ Pasta/Sausage  
No Tri-Valley Lunch Served

Tuesday, April 16  
Salmon Boat with Dill Sauce

Thursday, April 18  
Hot Dog & Baked Beans

Tuesday, April 23  
Bacon/Cheese Omelette

Thursday, April 25  
Crumb Topped Fish

Tuesday, April 30  
Herbed Chicken  
Vegetable Couscous

Menus are subject to change.  
Reservations must be made  
48 hours in advance  
Transportation is available

## Volunteer Committee Meetings~

**Food Pantry Committee Mtg.**  
Wednesday, April 3 9am  
Wednesday, May 1 9am

**Beautification Committee Mtg**  
Friday, April 5 10am

**Transportation Meeting**  
Wednesday, April 24 11:00  
Wednesday, May 22 11:00

## Spring into Action!

**Walking Group** ~ Join the Mendon Senior Center's coed walking group on Mondays at 9am under the direction of volunteer Joan McMullen. Please contact the center to inform us of your interest. Note - Wed., April 3rd is National Walking Day as sponsored by the American Heart Association.

**Stretch & Flexibility** ~ Join us on Tuesdays and Thursdays at 9am for a free invigorating, yet gentle workout taught by volunteer instructors Martha Gebelein, Mary Ann Murphy and Joan McMullen. If you're looking to start a new routine, look no further. Simply drop in!

**Chair Yoga** ~ This half-hour drop-in class is held on Tuesdays and Thursdays from 11:15 - 11:45am for seniors of all ages and ability levels. Enjoy the therapeutic benefits of yoga from the safety and comfort of the chair. There is no fee for this subsidized class, however donations are welcome to help defray the cost.

**Yoga** ~ Come experience the benefits of Yoga for yourself. Certified instructor Faith Kennedy teaches this eight-week session on Wednesday mornings at 9:00am. Please call the center at 508-478-6175 for information on fees and to let us know of your interest. Also, try your first class for free.

**T'ai Chi** ~ Stop by to check out this relaxing yet energizing form of exercise Wednesdays at 10:15am also taught by instructor Faith Kennedy. You also can enjoy a class in the great outdoors when weather permits. Again, try your first class for free. Important: Always check with your physician before starting a new fitness program.

## Taste of Italy

**Thursday, April 11th 12:00**

Join us on Thursday, April 11th for a departure from our regular fare when we feature a delicious pasta luncheon with homemade sauce

and Italian sausage prepared by Jim Negri and our wonderful volunteers. The cost is \$4.00 per person and includes salad, bread and dessert. Please sign up and pre-pay at the Mendon Senior Center by April 9th.

## Dine-Out Group

**Wednesday, April 24th**

Back by popular demand...this month's choice is Union Street Grill, Franklin. All are welcome! Plan to gather at the Mendon Senior Center at 11:00am to carpool or meet up at the restaurant at 11:30. Please sign up at the senior center and be sure to note your cell phone number. Also stop by the center later this month to see what on May's agenda for Dine-Out.

## Day Trip with Hopedale

**Spirit of Boston**

Experience this wonderful Boston Harbor cruise on Wednesday, May 29th complete with a classic lunch for only \$45.00 per person. Depart 9:30am from the Mendon Senior Center and return approximately 3:30pm. Please sign up at the Mendon Senior Center by April 23rd or call the Hopedale Senior Center directly at 508/634-2208.

## Powerful Tools for Caregivers

**Thursdays, May 2 - June 6 (1-3:00pm)**

The Northbridge Senior Center will be hosting a free six-week program for caregivers, sponsored by Tri-Valley, designed to help you take care of yourself while caring for an older adult. Participants will learn to more effectively reduce stress, communicate effectively, reduce guilt, anger and depression, make tough decisions, set goals and problem solve. For more information contact Laura Black Silver, LICSW, Caregiver Specialist with Tri-Valley Inc. at 1-800-286-6640 x 3079.

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## Cooking for Just Me

Tri-Valley nutritionist Lou Pilczak will stop by the Mendon Senior Center on Thursday, May 9th at 10:30am to discuss easy cooking tools and methods and recipes to serve one or two people. There will be food samples to try and prizes, so come on down and expand your culinary repertoire. Please call or stop by the center to register for this program and why not consider staying for our Thursday Lunch Club. Please sign up for both programs separately.

## Welcome Senator Moore New Office Hours!

Beginning on Monday, May 13th Senator Richard Moore and his aid Denise Chan will hold office hours at the Mendon Senior Center from 10-11am. Please feel free to stop by and express any concerns you might have or simply say hello to the Senator and Ms. Chan. We are fortunate to have the Senator's ongoing support of fiscal matters on a State level that affect us locally and we look forward to his frequent participation in our local programs. His regular attendance at our annual Senior of the Year events, his support of our Dept. of Transportation Van Grant (2010-2012) and his periodic participation in special events such as the 2011 Senior Center Volunteer Appreciation are sincerely appreciated.

## Get Your Estate Plan in Gear

**Tues, May 14, 10:30am**

Estate planning laws have undergone swift changes over the past several years and may change again in the years ahead. Proper estate planning provides peace of mind by allowing you to avoid probate and ensure that assets are distributed the way you want. On Tuesday, May 14th when Jeffery Katz, CLU Chartered Financial Consultant will be at the Mendon Senior Center to discuss what your role is in the estate-planning process and the key documents you need and how to manage them as well as alternatives to Long Term Care insurance. It's important to note that if you're creating or updating an estate plan, it's also essential that you seek the advice an attorney who's well versed in this area. Please call 508/4787-6175 or stop by the Mendon Senior Center to register for this free program.

## Volunteers Opportunities

New retirees, are you looking for something worthwhile to do that won't zap all your free time? At the Mendon Senior Center an hour or two per month is all it takes to make a difference. Volunteers are at the heart of the center's success and the opportunities are limitless--and rewarding.

- Volunteers are needed once a month to help mail out newsletters.
- Fill in Lunch Servers are needed for Tuesdays or Thursdays from 11-1pm for our Tri-Valley program.
- Garden enthusiasts are needed seasonally to help beautify the center's grounds.
- Positions can also be tailored based on your area of expertise, interests and schedule.

For more information, please contact director Amy Wilson Kent at the Mendon Senior Center at 508/478-6175 or obtain an application on line at the Mendon Senior Center site at [mendonma.gov](http://mendonma.gov). Thank you!

## Transportation Update

Now that the Council on Aging has secured federal grant funding for van transportation above and beyond our normal schedule, the transportation advisory group, comprised of a diverse group of elderly and disabled clientele, as well as liaisons from the COA Board, will resume meetings to discuss ways to improve access and efficiency. We look forward to planning trips to many new destinations on occasional Fridays such as **Trader Joe's, Shrewsbury on April 19th and Saver's, Woonsocket, RI on May 17th** for example. The cost of these trips is four dollars a person and a minimum of four people are needed. Call or stop by the center to sign up. Please note ~ we'd also love to hear your trip suggestions.

The Senior Center van is currently available to offer transportation to Mendon residents, age 60 and over and to people with disabilities Mondays through Thursday for local medical appointments, shopping and errands and rides to and from Senior Center activities. Requested donations for round trip rides in town will be one dollar and out of town

rides, four dollars. Van passes or Vanbucks are available for a donation of ten dollars to the Friends of Mendon Elders allowing for eleven in town rides. No senior or person with disabilities will be denied a ride due to the inability to pay the requested donation. Vanbucks will make the perfect birthday or thinking of you gift and can also be purchased to be donated to someone in financial need. Please call the Senior Center at least 24-48 hours in advance to schedule a ride. Greater notice is, however, recommended as we book up quickly. Thank you.

## Tri-Valley Lunches May Menu

Served 12:00 noon  
Tuesdays & Thursdays  
Cost: \$2.00 Donation per meal  
Thursday, May 2  
Hearty Chilli

Tuesday, May 7  
Hot Dog & Baked Beans

Thursday, May 9  
Salmon Boat w/Dill Sauce

Tuesday, May 14  
Chicken Cantonese

Thursday, May 16  
No Tri-Valley Lunch Served  
Potluck Luncheon

Tuesday, May 21  
Fish w/ Crumb Topping

Thursday, May 23  
Chicken Morney

Tuesday, May 28  
Buttermilk Chicken

Thursday, May 30  
Boneless Pork Rib

Menus are subject to change.  
Reservations must be made  
48 hours in advance  
Transportation is available



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## SHINE NEWSLETTER

**RELIANT MEDICAL GROUP WILL NO LONGER BE A FALLON SENIOR PLAN PROVIDER EFFECTIVE JANUARY 1, 2014**

By now members of the Fallon Senior Plan should have received a letter from Fallon notifying them that as of January 1, 2014 Reliant Medical Group will no longer be a provider for Fallon Senior Plan. This means that as of that date members of the Fallon Senior Plan who see Reliant physicians will have to get different providers if they want to keep their Fallon Senior Plan. If Reliant patients want to continue to see their Reliant doctors, they will have to change their Health Plan during the Medicare Open Enrollment Period from October 15, 2013 thru December 7, 2013.

Reliant Medical Group has announced that as of January 1, 2014, Tufts Medicare Preferred Health Plan will be the sole Medicare Advantage Plan that Reliant contracts with.

**In plain language all this means is that folks who received this letter will continue to get their Health Care at Reliant for the rest of this year. During the Open Enrollment Period folks will be able to change their plan to Tufts Medicare Preferred Health Plan or a Medicare Supplement Plan offered by several insurers including Fallon, if they want to continue to see their current doctors at Reliant. If not they can change to another Fallon Provider. Also if someone has retired**

**Fallon Senior Plan coverage supplied by their former employer, they should check with their plan administrator at the time of their plans open enrollment.**

*If you need help with any aspect of your health insurance, SHINE offers free counseling at the Mendon Senior Center. Call 508-478-6175 ask for a SHINE appointment. You can also reach a SHINE volunteer by phone at 1-800-AGE-INFO (1-800-243-4636) If you get the SHINE voice mail, leave your name and phone number and a counselor will call you back as soon as possible. SHINE (Serving the Health Information of Elders) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Milford Senior Center, The Massachusetts Councils on Aging, and other local agencies.*

## Reminder: Annual Town Meeting

Friday, May 4th at 7:00pm  
at the Miscos Hill School. Please keep informed of the issues and how they impact you. Also, please plan to attend this important meeting. Transportation is available for seniors and handicapped individuals. Please call the Mendon Senior Center at 508-478-6175.

## 9th Annual Progressive Yard Sale

Registrations are now being accepted for the **Friends 8th Annual TownWide Yard Sale** which will be held on Saturday, June 8th from 8am until 2pm. In May we will be calling Friends members requesting donations of items and delicious baked goods. Also, if you can help man a table for an hour or two the day of the sale, we'd appreciate that. You may drop off your usable items Monday - Thursday from 8:30am-2:30pm. Please, please, **please no electronics including computers, monitors, printers and TVs. Also, no extra large furnishings, exercise equipment or clothing.** Thank you.

If you'd like to register to hold a yard sale of your own that day, please call the Senior Center for more information. We thank you for your continued support. This is one of our big fundraisers so that we may provide the seniors of Mendon with programs and also furnish the Center with needed items. If you'd like to get involved please contact Friends President Marty Fletcher at 508-473-3922 or the Mendon Senior Center at 508-478-6175.

## Mendon Council on Aging Mission Statement

The mission of the Mendon Council on Aging is to evaluate the needs of Mendon's senior community and respond to those needs by developing, promoting and encouraging new and existing programs and services that allow for enrichment, independence and quality of life and the fostering of aging with grace and dignity.

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## Town of Mendon - Council on Aging Board

**Chairperson** ..... Jim Negri  
**Vice Chairperson** ..... Earl Pearlman  
**Secretary** ..... Ann Vandersluis  
**Treasurer** ..... Carol Kotros  
**Members:** Bob Carlson, Kevin Rudden and Mary Ann Hopkins

**Outreach Worker:** Nancy Mosher

**Van Drivers:** Bob Gebelein & Wally Matthews

**SHINE Counselor:** Larry Goldman

**Volunteer Food Pantry Coordinator:** Carol Kotros  
[ckotros7647@comcast.net](mailto:ckotros7647@comcast.net)


Council on Aging meetings are held at 9:00AM the second Wednesday of each month at the Senior Center. All Mendon residents are welcome to attend.

## MENDON COUNCIL ON AGING

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# Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Walking Group 9-11 Whole Foods 9 Cribbage 9 Bridge <span style="float: right; font-size: 2em;">1</span>	9 Stretch & Flexibility <b>10-12 SHINE Counseling</b> 11:15 Chair Yoga 12 Lunch Club 1 Wii Games <span style="float: right; font-size: 2em;">2</span>	<b>8 Shopping Van</b> <b>9 Food Pantry Mtg.</b> 9 Panera Bread 9 Yoga/10:15 T'ai Chi <b>10:30 Mechanics Hall Jazz Orchestra</b> <span style="float: right; font-size: 2em;">3</span>	9 Stretch & Flexibility 9 Cribbage 12 Lunch Club 1 Wii Games/7 Pitch <span style="float: right; font-size: 2em;">4</span>	Senior Center & Outreach 9-12 by Appointment <b>3-7 Book Fair Friday</b> <b>9-2 Book Fair Saturday</b> <span style="float: right; font-size: 2em;">5</span>
9 Walking Group 9-11 Whole Foods 9 Cribbage/9 Bridge <b>11 Friends Meeting</b> 1 Chorus <span style="float: right; font-size: 2em;">8</span>	9 Stretch & Flexibility 11:15 Chair Yoga 12 Lunch Club 1 Wii Games <span style="float: right; font-size: 2em;">9</span>	8 NO Shopping Van <b>9 COA Meeting</b> 9 Panera Bread 9 Yoga 10:15 T'ai Chi <span style="float: right; font-size: 2em;">10</span>	9 Stretch & Flexibility 9 Cribbage 11:15 Chair Yoga <b>12 Pasta Luncheon</b> 1 Wii Games/7 FinalPitch <span style="float: right; font-size: 2em;">11</span>	New Friday Hours: Senior Center & Outreach 9-12 by Appointment <span style="float: right; font-size: 2em;">12</span>
<b>Patriot's Day</b> <b>Senior Center Closed</b> <span style="float: right; font-size: 2em;">15</span>	9 Stretch & Flexibility <b>10-12 SHINE Counseling</b> 11:15 Chair Yoga 12 Lunch Club 1 Wii Games <span style="float: right; font-size: 2em;">16</span>	<b>8 Shopping Van</b> 9 Panera Bread 9 Yoga 10:15 T'ai Chi <b>11:30 Volunteer Appreciation</b> <span style="float: right; font-size: 2em;">17</span>	9 Stretch & Flexibility 9 Cribbage 11:15 Chair Yoga 12 Lunch Club 1 Wii Games <span style="float: right; font-size: 2em;">18</span>	Senior Center & Outreach 9-12 by Appointment <b>10 Shopping Van: Trader Joe's, Shrewsbury</b> <span style="float: right; font-size: 2em;">19</span>
9 Walking Group 9-11 Whole Foods 9 Cribbage 9 Bridge 1 Chorus <span style="float: right; font-size: 2em;">22</span>	9 Stretch & Flexibility <b>11:00 Blood Pressure</b> 11:15 Chair Yoga 12 Lunch Club 1 Wii Games <span style="float: right; font-size: 2em;">23</span>	8 NO Shopping Van 9 Panera Bread 9 Yoga /10:15 T'ai Chi <b>11 Transportation Meeting</b> <b>11:30 Dine-Out-Union St.Grill</b> <b>1:30 Fallon Q &amp; A</b> <span style="float: right; font-size: 2em;">24</span>	9 Stretch & Flexibility 9 Cribbage 11:15 Chair Yoga 12 Lunch 1 Wii Games <span style="float: right; font-size: 2em;">25</span>	<b>8 Depart Washington DC</b> New Friday Hours: Senior Center & Outreach 9-12 by Appointment <span style="float: right; font-size: 2em;">26</span>
9 Walking Group 9-11 Whole Foods 9 Cribbage/9 Bridge 1 Chorus 8 Return Washington DC <span style="float: right; font-size: 2em;">29</span>	9 Stretch & Flexibility 11:15 Chair Yoga 12 Lunch Club 1 Bocce <span style="float: right; font-size: 2em;">30</span>		<span style="font-size: 2em; font-weight: bold;">April</span> <span style="font-size: 2em; font-weight: bold;">2013</span>	

## Blood Pressure Clinic

The Salmon Family VNA and Hospice of Milford, in cooperation with the Mendon Board of Health, is offering a Vital Signs Blood Pressure Clinic on Tuesday, April 24th from 11:00 to 12:00noon. Please call or stop by the center to register. Drop-ins are also welcome.

## Fuel Assistance

The South Middlesex Opportunity Council (SMOC) is accepting applications for fuel assistance **until April 30, 2012**. The Mendon Council on Aging will process local applications for first time applicants under the administration of SMOC. The gross household income limit for a single person household is \$31,218 or less or for a family of two is \$40,824 or less. If you qualify for fuel assistance, you may be eligible to receive discounts on electric and telephone bills as well. Call the Senior Center at 508/478-6175 to request an instruction checklist prior to making a confidential appointment.

## Eat Healthier on a Tight Budget... SNAP Benefits

Contact Mendon Outreach Worker Nancy Mosher to obtain an application or to learn if you qualify for benefits of this income based Supplemental Nutritional Assistance Program (SNAP) formerly known as food stamps. The application process may be easier that you realize and Nancy can help. Individuals or families eligible for SNAP or Fuel Assistance are also eligible to utilize the Mendon Food Pantry administered by the Mendon Senior Center. Call Nancy at 508/478-6175 for more information.

## Fallon Q & A

Fallon Representative Christine Sinacola will be at the Mendon Senior Center on Wednesday, April 24th at 1:30pm to offer an informational session regarding the upcoming changes affecting Fallon members. Please stop by or call the Mendon Senior Center at 508/478-6175 to register for this program.

## Coed Bocce Returns


*Beginners Welcome!*

Join us on Tuesdays and Thursdays at 1:00pm beginning April 30th for fresh air and a friendly game. Haven't played for years? We'll refresh your memory. Looking to learn? No problem. Beginners welcome. Also, if you would like to reserve the court for a game on your own, please call the Mendon Senior Center at 508-478-6175.

## Ongoing Technology Classes

Our patient teen volunteers including Laura, Steve and Scott from the Nipmuc Friends of Seniors, will continue teaching weekly technology classes this spring on Tuesdays from 3-4pm. Brush up on your computer skills on our Desktop PCs or to learn how to navigate your new lap top, ipad or cell phone. Please stop by or call the center at 508-478-6175 to register for this informative class. Space is limited.

# Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 3px double black; padding: 10px; width: 80px; margin: auto;"> <b>May 2013</b> </div>	 <b>Memorial Day</b>	<b>8 Shopping Van</b> 9 Panera Bread <b>9 Food Pantry Mtg.</b> 9 Yoga 10:15 T'ai Chi	9 Stretch & Flexibility 9 Cribbage 12 Lunch Club 1 Bocce	<i>New Friday Hours:</i> Senior Center & Outreach 9-12 by Appointment
9 Walking Group 9-11 Whole Foods 9 Cribbage 9 Bridge 1 Chorus	9 Stretch & Flexibility <b>10-12 SHINE Counseling</b> 11:15 Chair Yoga 12 Lunch Club 1 Bocce	8 NO Shopping Van <b>9 COA Meeting</b> 9 Panera Bread 9 Yoga 10:15 T'ai Chi	9 Stretch & Flexibility 9 Cribbage <b>10:30 Cooking for One</b> 11:15 Chair Yoga 12 Lunch Club 1 Bocce	<i>New Friday Hours:</i> Senior Center & Outreach 9-12 by Appointment
9 Walking Group 9-11 Whole Foods 9 Cribbage/9 Bridge <b>10 Sen. Moore – Office Hour</b> <b>11 Friends Meeting</b> 1 Chorus	9 Stretch&Flex/9 Scrabble <b>10:30 Estate Planning</b> 11:15 Chair Yoga 12 Lunch Club 1 Bocce	<b>8 Shopping Van</b> 9 Panera Bread 9 Yoga/10:15 T'ai Chi <b>9-11 Podiatry Clinic</b> <b>11:15 Diner Tour</b>	9 Stretch & Flexibility 9 Cribbage <b>10:30 Mendon Minstrels</b> <b>12 Potluck Luncheon</b> 1 Bocce	Senior Center & Outreach 9-12 by Appointment <b>10 Shopping Van:</b> <b>Savers/Big Lots, Woonsocket</b>
9 Walking Group 9-11 Whole Foods 9 Cribbage 9 Bridge <b>1 CPR Certification</b>	9 Stretch & Flexibility <b>10-12 SHINE Counseling</b> 11:15 Chair Yoga 12 Lunch Club 1 Bocce	8 NO Shopping Van 9 Panera Bread 9 Yoga /10:15 T'ai Chi <b>11 Transportation Meeting</b> <b>11:30 Dine-Out - TBA</b>	9 Stretch & Flexibility 9 Cribbage 11:15 Chair Yoga 12 Lunch 1 Bocce	<i>New Friday Hours:</i> Senior Center & Outreach 9-12 by Appointment
<b>Memorial Day Senior Center Closed</b>	9 Stretch & Flexibility 9 Scrabble 11:15 Chair Yoga 12 Lunch Club 1 Bocce	8 NO Shopping Van 9 Panera Bread 9 Yoga 10:15 T'ai Chi <b>3:30 Laughter Yoga</b>	9 Stretch & Flexibility 9 Cribbage 11:15 Chair Yoga 12 Lunch 1 Bocce	<i>New Friday Hours:</i> Senior Center & Outreach 9-12 by Appointment

## Podiatry Clinic

There are limited openings to see Dr. Clayton Cooper of Southboro Medical Group at the Mendon Senior Center on Wednesday, May 15th from 9-11am. The cost for this service is thirty dollars, payable to Dr. Cooper. House calls are also available for an additional cost. Please call the center at 508-478-6175 to make an appointment.

## CPR Training

Sue Tetreault of CPR Etc. of Mendon will be leading this certification class for seniors and COA staff members on Monday, May 20th from 1-3pm. The cost is \$15.00 per person. Please call the center to register. Space is limited.

## Trash Fee Discount

Did you know the Town of Mendon offers a 50% reduction in trash fees for senior homeowners who meet the following criteria:  
 ~The property must be the senior's primary residence

~The property must be owner occupied with no more than two people residing  
 ~One resident must be age 65 by Jan. 1, 2013  
 Please contact Missy at the Mendon Board of Health before June 1st at 508-634-2656 to learn if you qualify and to apply for this senior discount.

## Pen Pal Luncheon

And now the moment you've all been waiting for...It's a boy! It's a girl! It's a Pen Pal Luncheon! Coordinator Peg Nogueira will be in touch with you all soon once we confirm the appointed date and time in May for the upcoming Pizza luncheon at the Henry Clough Elementary School with Mrs. Karen McDonough's 4th graders. We will also be looking for a few bakers for this event. Van transportation will be available door-to-door

for those in need and also from the Mendon Senior Center to the Clough School in an effort to minimize walking. Please call the center to sign up and note if you would like transportation. Many Senior Center participants have asked if they may bring a small token for their pen pal. A gift under \$10.00 may be purchased. If you are unable to do so and would like assistance procuring something, please contact coordinator Peg Nogueira or the Senior Center. We'd be most happy to assist. Thank you!

