



June 2024

THE LATEST NEWS FROM THE SOUTH STREET CENTER & THE WALPOLE COUNCIL ON AGING

June Priority Registration for *Walpole Residents* will open Monday, May 20th at 9:00AM. Open registration begins Tuesday, May 21st.

Center closed Wednesday, June 19th for Juneteenth

THANKS TO SOME AMAZING COMMUNITY PARTNERS, IT'S BEEN A FABULOUS SPRING AT THE SOUTH STREET CENTER!

THE INSIDE SCOOP

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- ◆ Special Events
- ◆ NEW! Sheriff's Office Senior Outreach Program
- ◆ Social Media Class Series
- ◆ Coffee & Conversation Topics
- ◆ C&C Extra Scoop—Alzheimer's Association

JWCW Ice Cream Social with Jazz & Co.



Spring Arts & Crafts, Floral Design, and Games



Bollywood Beats for Wellness Sponsored by Volunteering for Seniors



Spring Fling Sponsored by RE/MAX



The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Seniors and their families.

Regular Hours: Monday - Friday 8:00 AM—4:00 PM
 Walpole Co-operative Bank South Street Center, 60 South Street, Walpole, MA 02081
 Telephone: 508-668-3330, Fax: 508-315-5533 Website: www.walpole-ma.gov



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- Create your own volunteering schedule.
- Protect and educate about residents' rights.
- Help residents resolve their concerns or issues.

You can make a difference!



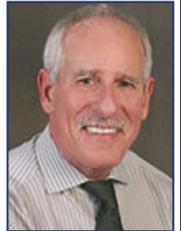
For more information about this important volunteer advocacy work, call us at South Shore Elder Services at (781) 848-3910, or (781) 930-0200, or visit us online at www.sselder.org/volunteer/

Our Program's Territory Includes:

Braintree • Canton • Dedham • Foxboro • Hingham • Medfield • Millis • Milton • Norwood • Quincy • Randolph Scituate • Sharon • Walpole • Weymouth • Wrentham



Warren Bergerson, EA



Harvey Blonder, EA

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Sunday:

11:30 am - 8:00 pm



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PROGRAM INFORMATION and POLICIES

All Walpole Senior Citizens are welcome to participate in Council-sponsored activities through the sole discretion of the Walpole Council on Aging, subject to the following:

- All participants must be age 60 years or older or a disabled resident. Spouses who are not 60 years of age and over may participate with their eligible partner.
- Participants must be ambulatory without assistance or accompanied by an adult qualified to assist 1 to 1.
- Participants must be able to assume responsibility for themselves and be mentally and physically capable of participation in activities.
- The Walpole Council on Aging and its agents do not assume responsibility for participants in Council-sponsored activities.

PROGRAM REGISTRATION

Priority (Walpole Resident) Registration begins the 3rd Monday of the previous month (Tuesday if Monday is a Holiday), on a first come first served basis. Each Senior may register him/her self and **one** other person. **Open Registration (Non-Walpole Resident)** opens the following day. Registration requires participant name, address and phone. Program fees can be delivered in person (cash or check) or by mail (check only) payable to "Town of Walpole" to the Walpole Council on Aging, 60 South St. Walpole, MA 02081. Failure to deliver payment may result in forfeiture of the reservation.

PROGRAM CANCELLATION

We reserve the right to reschedule, change or cancel programs as needed. Programs that do not attain minimum enrollment will be cancelled one business day in advance of the scheduled start date. Full tuition will be refunded. You will be contacted if your program is rescheduled or cancelled. Please call to cancel your registration if you cannot attend. **A NO SHOW FEE OF \$5 MAY BE ASSESSED IF YOU DON'T CALL TO CANCEL.**

PROGRAM PARTICIPANTS

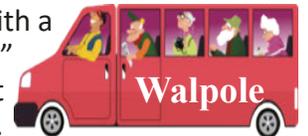
Programs are subject to change or cancellation due to weather, transportation or low participation. If you cancel within one week or less before any Walpole COA trip, monies will be refunded only if a replacement can be found (Tour company rules may differ). All monies will be refunded when cancellations are made by the WCOA.

KIOSK SIGN-IN

You are requested to check into the Center at the front desk kiosk. Please bring your key tag. Signing the COA General Waiver Liability Form is as part of the check in process. The Waiver is updated annually.

TRANSPORTATION

Transportation is offered to residents of Walpole, 60 years of age and over, and residents with a documented disability, regardless of age. All riders must carry a completed "FILE of LIFE" emergency card, **and be assessed prior to riding**. Passengers must be able to board and exit the van independently and move in one's environment with ease and without restriction. Passenger registration is required for all van rides. Contact Outreach at 508-660-7362 to request a Medical Ride at least **7 days in advance** for appointments Monday—Thursday between 9am-1pm within our service area. **Limit one medical ride per week**. Contact 508-668-3330 ext 8 to schedule other transportation. Non-medical requests must be made at least **48 hours in advance** and provide the date, time and location of the destination.



Transportation pick-up and drop-off is scheduled only from a passenger's home or the WCOA. Seating on WCOA vans is limited and subject to a first come first served required registration policy. *Transportation Services updates are subject to change.*

PARTICIPANT PHOTOGRAPHY POLICY

Periodically, the COA photographs/records program participants for promotional use. Unless participants inform us of their desire otherwise, the COA may use their photographs/recordings for promotional purposes.

WALPOLE MEDIA

Live virtual programs: Tune in on Comcast channel 8 or Verizon channel 31 or go to www.walpolemedia.tv. Hover over the "Streaming" tab, top of the page. Click on "Walpole MediaTV (Public)" to watch.

Pre-recorded programs: A full schedule of Walpole COA programming is available on your local public access station (Comcast channel 8 /Verizon channel 31), as well as On Demand thru Walpole Media's YouTube channel.



FROM YOUR DIRECTOR

We have arrived finally at June, the bridge to summer. I want to first remind you that beginning in July we will be retuning to our summer schedule. If you are new here, the Center will operate on the Town Hall schedule with extended hours until 8pm on Tuesdays and noon closures on Fridays until the end of August. We are working to create our special Tuesday extended hours programming for summer with a mix of annual events some new offerings.



We will once again be participating in the Walpole Public Library Summer Reading Program. The program launches at the Library on June 16th and runs through August 18th. Track your reading through the **Beanstack** app and you might just win one of the Senior Baskets. The Library has added a senior option to the app, so be sure to choose "Senior" when you register! If you need a hand downloading or using the app, our team here or the Library can assist you so you can start earning raffle tickets. If you need a jump on reading, please bring a few titles to swap to the Book Swap on Friday, June 28th.

Be sure to stop in to see the team for the Longest Day Lemonade Stand on June 21st. Our community family caregivers experience long days caring for their loved ones living with dementia. Show your support on the longest day as we begin our annual fundraiser to the Alzheimer's Walk.

We are looking forward to the warmer weather with sunnier days and time together on the patio. Thanks to our gardening volunteers to their incredible efforts to bring color to our outdoor spaces!

~ Kerri

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GET THE WEEKLY SCOOP!

Are you subscribed to our weekly e-newsletter? Receive the latest news and program information right in your in-box every Friday morning. To subscribe, email dfracin@walpole-ma.gov. Don't miss out!

THE FRIENDS OF WALPOLE ELDERS

Thank you to "The Friends" for their ongoing support of Walpole seniors and the COA. If you are interested in becoming a "friend" of "The Friends" you can do so by making a donation to "The Friends of Walpole Elders" and mail to: 330 High Street, Walpole, MA 02081. Thank you!

HELPFUL NUMBERS

- * Norfolk County "Are You OK" 866-900-RUOK (7865) - Receive a daily wellbeing call
- * Walpole Police Non-emergency : 508-668-1212
- * Walpole Fire Non-emergency: 508-668-0260
- * Walpole Health Department: 508-660-7321
- * Walpole Food Pantry: 508-668-0106
- * HESSCO Elder Services: 781-784-4944

If the cost of a program is a barrier to your participation, please reach out to Kerri for a confidential discussion. Thank You!



WALPOLE COUNCIL ON AGING

Walpole Co-operative Bank South Street Center, 60 South Street, Walpole, MA 02081
Telephone: (508)668-3330 Fax: (508)315-5533

Kerri McManama, Director
Janet Nye, Principal Clerk
Billy Taranto, Van Driver

Debbie Fradkin, Assistant Director
Lindsey Greener, Outreach Worker
Josette Burke, Chair COA Board

Jillian Nauman, Outreach Worker
Mimi Connell, Program Coordinator
Jim Hinds, Van Driver

This Newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs and through the generous support of the Friends of Walpole Elders, Inc.

WELLNESS & PROFESSIONAL CONSULTS
MUST CALL FOR APPOINTMENT
Registration not available on MyActive Center

FOOTCARE WITH KATHY

Mondays, 10:00 AM—2:00 PM

\$30 Appointments currently on hold

NUTRITION CONSULTS WITH HESSCO REGISTERED DIETICIAN KELSEY

Appointments currently on hold

30 min consult, FREE

CHAIR MASSAGE WITH JOANNE

Tuesday, 6/11, 10:00 AM—1:00 PM

\$1/min, up to 25 min

REIKI WITH SHIRLEY

Tuesday, 6/18, 10:00 AM—12:00 PM

\$10 for a 15 min session

WELLNESS CLINIC WITH NURSE TRISH

Wednesdays and Thursdays, 9:00 AM—1:00 PM

FREE No Clinic 6/13

REFLEXOLOGY WITH LOUISE

Thursday, 6/27, 9:00 AM—1:30 PM

\$40 for 30 min session

LEGAL CONSULTS WITH ATTY JOANNE DIPIETRO

Friday, 1:00 PM—2:30 PM

30 min consult, FREE No consults scheduled this month

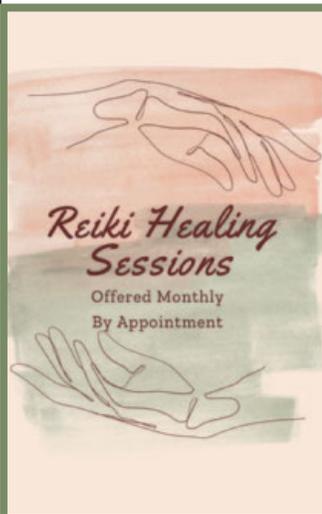
HEARING CARE CLINIC

Monday, 6/24, 10:30 AM—12:30 PM

20 min appt, FREE

SHINE COUNSELING

By appointment **FREE**



COMMUNITY OUTREACH

- AARP TAX PROGRAM
- FARMERS MARKET COUPONS
- FUEL ASSISTANCE
- HOME HEALTHCARE
- HESSCO LUNCH
- LEGAL CONSULTS
- MEDICAL RIDES
- NUTRITION CONSULTS
- SHINE
- TRANSPORTATION
- WELLBEING CHECKS
- VETERANS MEETINGS

FROM YOUR OUTREACH WORKERS

It's June and we start the transition from spring to summer. We are looking forward to sunshine and lots of time outside. With the weather getting warmer, please remember to stay hydrated and drink plenty of water.

As we head into summer, we remind those with SNAP that they have additional benefits through HIP (Healthy Incentive Program) that can be used at some local Farmer's Markets and with Clodhopper Farms home delivery program. Please call the Outreach Office for help using this benefit. If you think you might qualify for SNAP but haven't applied yet, the DTA has an online screening tool that individuals can use to see if they may be eligible. You can also call the DTA at 1-877-382-2363, or Project Bread at 1-800-645-8333.

~ Jillian and Lindsey



SHOPPING AND VAN OUTINGS
MUST CALL FOR APPOINTMENT

- ◇ There is no charge for van for the below trips
- ◇ Shopping trip times are approximate
- ◇ Van Assessment must be completed by Outreach Worker prior to riding.
- ◇ Walpole Residency required.

GROCERY SHOPPING—Tuesdays, 10:00 AM—1:00 PM

PATRIOT PLACE—1st Friday, 6/7, 10:00 AM

WALPOLE ERRANDS (CVS, library, post office, etc.) - Friday, 6/14 and 6/28, 10:00 AM

WALMART/KOHL'S/ALDI—Friday, 6/21, 10:00 AM

DOLLAR TREE/OCEAN STATE—Monday, 6/3, 11:00 AM

MEDICAL RIDES

Medical Rides are available by appointment Monday through Thursday 9 AM—1 PM. For Medical Rides, please contact Outreach at 508-668-3330 ext. 1 with the appointment date, time, location and estimated appointment duration. Please note, medical ride requests are limited to one per week. Thank you!



REGULARLY SCHEDULED PROGRAMS

**Registration for starred programs not available on MyActiveCenter.*

POOL—See Volunteer Pool Coordinator Ed Winslow for league and instruction information.

Daily, Center Hours, Free

BOCCE—Equipment available to borrow during Center hours, first come, first served.

Daily, Center Hours, Free

BOCCE BASICS—Learn and play with volunteer Carol Fellini, weather permitting.

Wednesdays, 10:00 AM—12:00 PM, Free

AFTERNOON GAMES—Café is open to meet up with friends and play games daily. No need to register.

Daily, Center Hours, Free

BINGO

Mondays, 1:00 PM—3:00 PM, \$.50 per card

BEGINNER MAH JONGG w/ MARY KAY & KRISTIN

Wednesdays, 1:00 PM—3:00 PM, Free

MEXICAN TRAIN DOMINOES LEARN & PLAY WITH JERRY & LESLIE

Wednesdays, 2:00 PM—4:00 PM, Free

BEGINNER CRIBBAGE— Self-led group of beginner and intermediate players.

Thursdays, 2:00 PM—3:30 PM, Free

SPRING GOLF

Off site at Sassamon Trace Golf Course. Contact Volunteer Golf Coordinator Frank Crowley for more info.

Thursdays, May 2nd—June 27th, 10:00 AM Tee Time, \$30 includes cart

WATERCOLOR & MIXED MEDIA WITH MARY—

Formerly “Intro to Paint,” Mary adds different mediums to her class.

Monday, 6/3—Intro class for new students

Monday, 6/10 and 6/24—Experienced students

1:00 PM—3:00 PM, \$2

KNIT & NEEDLE

Tuesdays & Thursdays, 10:00 AM—12:00 PM, Free

SENIOR MOMENTS CHORUS

All are welcomed. No singing experience required.

Wednesdays, 2:00 PM—3:30 PM, Free

CARD MAKING CLASS WITH MARILYN— Create handmade cards that friends will treasure.

Wednesday, 6/5, Two class times,

10:00 AM—12:00 PM and 1:00 PM—3:00 PM, \$5

FLORAL DESIGN CLASS WITH PAT— Make and take a lovely seasonal floral arrangement.

Wednesday, 6/12, Two class times,

9:00 AM- 10:30 AM and 10:30 AM—12:00 PM, \$7

CREATIVE CORNER

Join us for a creative, interactive activity each month.

Thursday, 6/13, 2:00 PM—3:30 PM, Free

ART CLASS WITH COLORED PENCILS WITH ELLEN

Learn placement of color and shading techniques.

Outline provided, no drawing skills required.

Thursday, 6/6 and 6/20, 2:00PM—3:30 PM, \$3

BREAKFAST—Located in the Café. An assortment of items available for purchase (breakfast sandwiches, pastries, yogurt parfaits, fruit and juice) Drop in.

Daily, 8:30 AM—10:30 AM, a la carte pricing

***HESSCO LUNCH**—Reserve your lunch at least 24 hours in advance. Menu and sign-up posted by the kitchen door.

Monday—Thursday, 11:30 AM—12:15 PM,

Friday, 12-12:30 PM, \$3 suggested donation

GRAB & GO LUNCH—Drive up to the front entrance, grab your lunch, and go! Rotating Menu: Week 1- Chicken Salad, Week 2-Turkey and Cheese, Week 3- Sea-food Salad, Week 4 -Ham and Cheese, Week 5–Tuna Salad

Wednesdays at Noon, \$3 suggested donation

SOUP DU JOUR

Prepared from scratch by the chefs at New Pond Village. A cup of soup with crackers or roll available on Thursdays. While supplies last. Drop in.

Thursdays, 11:30 AM—12:30 PM, \$2

LAUREL’S GIFT CART— Small gift items for sale in the Café. Items individually priced. Donations to the gift cart accepted. No electronics, please.

Friday, 6/14, 10:00 AM—12:00 PM



COFFEE & CONVERSATION

Each week, we welcome a different speaker to present on various topics of interest. Topics listed in C&C section.

Thursdays at 1:00 PM, Free

BOOK CLUB

Virtual group led by WPL Director Sal Genovese.

Zoom meeting - <https://us02web.zoom.us/j/83747907962>

Tuesday, 6/25, 3:00 PM, Free

COA BOARD MEETING

Thursday, 6/27, 10:00 AM, Free

***TECH-TIME WITH JOANNE**— 30 min appts with former technology teacher, volunteer Joanne Barrett.

Wednesday, 6/12 and 6/26,
10:00 AM—1:00 PM, Free

*DAY OF BEAUTY AT TRI-COUNTY SCHOOL

Salon services are followed by lunch at Gerry's Place when restaurant is open. **October thru May**

Wednesday, 8:30 AM depart COA, See pricing list

MEMORY CAFÉ

Welcoming activity for those experiencing forgetfulness and their care partners. Sponsored by Right at Home and New Pond Village.

Tuesday, 6/4, 1:00 PM—2:30 PM, Free

GRIEF SUPPORT GROUP

Group led by social workers Kerri McManama and Jean Thompson.

Tuesday, 6/11 and 6/25, 1:30 PM—3:00 PM, Free

GRANDPARENTS RAISING GRANDCHILDREN GROUP

Group led by Outreach Worker Jillian Nauman.

Wednesday, 6/12, 12:00 PM - 1:30 PM, Free

VETERANS COFFEE HOUR

Thursday, 6/13, 10:00 AM, Free

CAREGIVER SUPPORT GROUP

Group led by Sandy Pellegrine, RN.

Thursday, 6/13, 2:00 PM—3:30 PM, Free



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JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 & 10:45 Chair Ex Video 10:00 Zumba 10:00 No Footcare 11:00 Dollar Tree /Ocean State 1:00 Bingo 1:00 Watercolor— New Students 2:00 Walk this Way #4	4 9:00 Breath Work 9:00 Tai Chi 9:00 Walking Club 9:45 & 11:00 Steve's Men's Fitness 10:00 Grocery Shopping 10:00 Knit & Needle 10:15 No Ballet Barre 1:00 Memory Café	5 8:30 & 9:30 Steve's Class #4 9:00 Classic Yoga 9:00 Wellness Clinic 10:00 Bocce Basics 10:00 & 1:00 Card Making 11:00 & 11:45 Chair Ex Video 12:00 Grab & Go Chicken Salad 1:00 Beginner Mah Jongg 1:30 Line Dancing 2:00 Mexican Train 2:00 Senior Moments Chorus	6 9:00 Meditation 9:00 & 10:15 Sit & Be Fit 9:00 Wellness Clinic 10:00 Golf 10:00 Knit & Needle 11:30 Soup du Jour 1:00 Coffee & Conversation Famous Bay Staters Trivia 2:00 Beginner Cribbage 2:00 Colored Pencils	7 9:30 Chair Yoga 10:00 Patriot Place 11:00 Zumba 1:00 Ballroom Dance Party
10 10:00 & 10:45 Chair Ex Video 10:00 Zumba 10:00 No Footcare 1:00 Bingo 1:00 Watercolor— Experienced 2:00 Walk this Way #1	11 9:00 Breath Work 9:00 Tai Chi 9:00 Walking Club 9:45 & 11:00 Steve's Men's Fitness 10:00 Chair Massage 10:00 Grocery Shopping 10:00 Knit & Needle 10:15 No Ballet Barre 1:00 Drums Alive 1:30 Grief Support 2:30 Bollywood	12 8:30 & 9:30 Steve's Class #5 9:00 Classic Yoga 9:00 & 10:30 Floral Design 9:00 Wellness Clinic 10:00 Bocce Basics 10:00 Tech Time 10:30 Sheriff's Senior Outreach 11:00 & 11:45 Chair Ex Video 12:00 Grab & Go Turkey & Cheese 12:00 Grandparent Group 1:00 Beginner Mah Jongg 1:30 Line Dancing 2:00 Mexican Train 2:00 Senior Moments Chorus	13 9:00 Meditation 9:00 No Wellness Clinic 9:00 & 10:15 Sit & Be Fit 10:00 Golf 10:00 Knit & Needle 10:00 Veterans Meeting 11:30 Soup du Jour 1:00 Coffee & Conversation Real Estate Update 2:00 Beginner Cribbage 2:00 Caregiver Group 2:00 Creative Corner	14 9:30 Chair Yoga 10:00 Gift Cart 10:00 Walpole Errands 10:30 Arts & Crafts 11:00 Zumba 1:00 Movie Matinee
17 JULY / AUG PRIORITY	18 JULY / AUG NON-RESIDENT	19	20 9:00 Meditation	21 8:15 Hampton Beach

VOLUNTEER CORNER

Another Successful Tax Season



Special appreciation goes out to volunteer Bill Abbott, the AARP Tax Preparation Coordinator for Walpole and Medfield, whose dedication led to yet another successful tax season. Alongside Bill four other exceptional volunteers (Kevin, Jean, Morgan, and Ron) joined forces to complete an impressive total of 145 tax returns over a span of nine weeks. Each volunteer underwent tax preparation training and obtained IRS certification prior to assisting clients. Their expertise proved invaluable as they guided clients through complex tax codes, secured eligible credits and deductions, and filed both Federal and State returns. Collectively they saved participants thousands of dollars in tax preparation fees. The COA team extends heartfelt gratitude to these volunteers whose efforts undoubtedly make a profound difference in the lives of many.

TAKING CHARGE:

What to do if your Identity is Stolen

Identity theft happens when someone steals your personal information and uses it without your permission. It is a serious crime that can wreak havoc with your finances, credit history, and reputation. It can take time, money, and patience to resolve. The Norfolk County District Attorney's Office has graciously supplied the COA with copies of the handbook *"Taking Charge: What To Do if Your Identity is Stolen."* This handbook, prepared by The Federal Trade Commission (FTC), is an in-depth guide to help you repair the damage that identity theft can cause and reduce the risk of identity theft happening to you.

If you suspect that someone has stolen your identity, acting quickly is the best way to limit the damage. Setting things straight involves some work. "Taking Charge" has tips, worksheets, blank forms, and sample letters to guide you through the recovery process.

The "Taking Charge" handbook covers:

- What identity theft victims must do immediately
- What problems may crop up
- How you can reduce your risk of identity theft

Stop by the Center for your free copy of *"Taking Charge"* today.

NEWS FROM THE WPD



We've recently received several inquiries from residents regarding the disposal of liquid medications, so we figured we'd pass along this helpful information from our friends at the Walpole Health Department. When disposing of liquid medication, it is paramount to NOT pour the liquid medication down the sink or the toilet, as we do not want to contaminate the water/wastewater stream. Liquid medication can, however, be thrown away in the trash. Depending on the medication type, it is recommended to add something to the medication to solidify and 'contaminate' it, so that if someone were to get into the trash, they would be unable to use the medication themselves. It is also recommended to hide the containers in the trash so they aren't discovered. And as a reminder, WPD maintains a drop box for pills in the Police Station lobby, which is accessible 24/7/365. Thank you!



KNIT & NEEDLE GROUP ANSWERS A CALL FOR HELP

When a local Newton Wellesley Hospital employee reached out to the Knit & Needle group for assistance in restocking the supply of handmade lap blankets which are offered to patients in recovery from surgery or in palliative care, they answered the call. Supported by the Junior Women's Club of Walpole who generously provided the yarn the group promptly swung into action. Seven volunteers either knitted or crocheted a total of 15 blankets, all of which were graciously donated back to the hospital. Expressing their gratitude the Hospital's spiritual care team wrote, "The patients will undoubtedly find solace in the love and dedication poured into crafting these precious works of art!"

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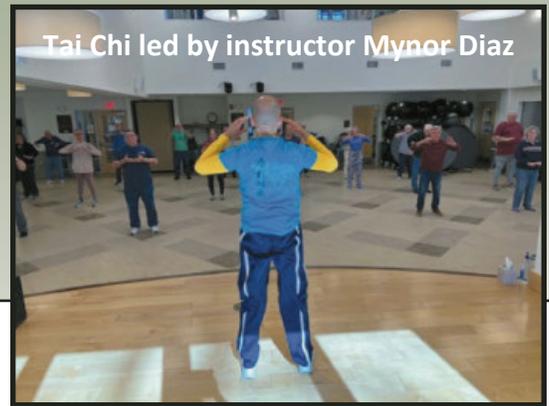
Walpole Council on Aging, Walpole, MA

06-5188



FITNESS PROGRAMS

Registration Required



ZUMBA WITH MIMI

Mondays at 10:00 AM & Fridays at 11:00 AM

Easy to follow, low-impact aerobic workout featuring Latin American music and dance rhythms to create a party-like atmosphere. Have fun while breaking a sweat.

\$2 per class

CHAIR EXERCISE VIDEO

Mondays at 10:00 AM and 10:45 AM &

Wednesdays at 11:00 AM and 11:45 AM

30 minute "Safe on Your Feet" exercise video designed to strengthen legs and ankles and improve balance.

Free

WALK THIS WAY! **ANOTHER SESSION ADDED!**

Mondays, 6/10, 6/17, 6/24, 7/1, 2:00 PM—3:00PM

4-part class series with Robin Lamperti that will build on the foundation of lessons learned from "Feet First!" This class takes us up the chain to learn how the feet, ankles, knees and hips all work together to produce an optimal pain-free stride.

\$35 for 4 week session

TAI CHI WITH MYNOR

Tuesdays at 9:00 AM

This ancient Chinese martial art consists of slowly executed postures. Through gentle movements, Tai Chi improves muscular strength, flexibility and fitness, which supports joints, improves balance, and prevents falls. Class teaches and incorporates the principles of meditation and gentle motion.

\$7 per class

BREATH WORK WITH HANNAH

Tuesdays from 9:00 AM—9:30 AM

Give your mind, body and soul a reset. Shift your energy through different breathing techniques. Guaranteed to make you feel refreshed and centered after this quick half hour session.

\$3 per class

MEN'S EXERCISE WITH STEVE

Tuesdays at 9:45 AM and at 11:00 AM

A variety of training modalities to improve balance, posture, strength, and functional movement patterns.

\$5 per class

BALLET BARRE WITH LORELLA

Tuesdays at 10:15 AM

Hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Not suggested for beginners.

\$5 per class No Class 6/4 and 6/11

DRUMS ALIVE WITH KELLY

Tuesdays at 1:00 PM (except 1st Tuesday)

This high energy class combines movement and music with the power of drumming. It's a program for everyone! It's a workout for the entire body as well as a powerful tool for stress reduction and mental balance. **No Class 6/4**

\$5 per class

BOLLYWOOD BEATS FOR WELLNESS

Tuesday, 6/11 at 2:30 PM (second Tuesday)

A series of easy-to-follow dance routines set to the infectious beats of Bollywood music. Connect with the beauty of Indian dance for a low-impact cardio workout. Sponsored by Volunteering for Seniors.

Free

EXERCISE WITH STEVE **Registration for the below 6 week session began in April. There is no new class beginning in June, so no class registration this month. Priority registration for Steve's next class (7/10-8/14) will open June 17th.**

Wednesdays at 8:30 AM and at 9:30 AM, 5/15—6/26 "Rotational Movements for Fascial Health and Pain Relief."

\$30 for six week class session

CLASSIC YOGA WITH DONNA

Wednesdays at 9:00 AM

Stretch, strengthen, and tone virtually every muscle in your body while enhancing all your bodily systems. Class begins with joint stretching, then standing postures with or without chair, and ending by easing to the floor mat for stretches and relaxation.

\$5 per class

LINE DANCING WITH NANCY

Wednesdays at 1:30 PM

Instructor led class of choreographed dance with a repeated sequence of steps.

\$3 per class

MEDITATION WITH KAT

Thursdays 9:00 AM—9:30 AM

Meditation is a type of mind-body complementary medicine. Meditation can produce a deep state of relaxation and a tranquil mind. During meditation you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress.

\$3 per class

SIT AND BE FIT WITH SUE

Thursdays at 9:00 AM and 10:15 AM

An instructor led exercise program with slow gentle movements. The exercises are designed to improve core strength, flexibility, balance, coordination, circulation and reaction time. A full body workout for anyone.

\$2 per class

CHAIR YOGA WITH ROBIN

Fridays at 9:30 AM

A gentle form of yoga for people with limited mobility and for those who want to practice yoga while seated. Moves are designed to improve strength and flexibility. Inquire about an “overflow” class option for those on the waitlist.

\$5 per class



Tai Chi is offered weekly on Tuesdays.

*WALKING CLUB

The South Street Center Walking Club meets Tuesdays at 9:00 AM, all year long, weather permitting. The group is led by volunteer Phillis Farrell. They meet at a different agreed upon location each week and communicate their plans via text string. If you're interested in joining the Walking Club, please contact Program Coordinator Mimi and she'll connect you with Phillis. Happy Walking!

FITNESS ROOM

Annual Membership:

A medical clearance form signed by your physician and \$25 fee must be submitted each year.

Hours:

Mon & Wed: 8:30 AM — 2:30 PM

Tues, Thurs, Fri: 8:30 AM — 11:30 AM

Orientation: available via video.

In-person orientations scheduled periodically.

Personal Training:

Available for an additional fee. Please inquire at front desk.

FITNESS FOCUS

HEALTH BENEFITS OF TAI CHI

Tai Chi may help stave off dementia. Researchers recruited 300 adults who had reported signs of memory decline. The participants initially scored an average of 25 in the **Montreal Cognitive Assessment**, just below the normal range of 26 to 30. Usually, adults in that condition lose about a half point a year on the test. But after six months, those who had practiced Tai Chi—which involves slow, intentional movements combined with deep breathing—twice a week improved their score by 1.5 points. Those who had done the exercises with additional cognitive challenges improved by about 3 points. “We’ve just given you six extra years of cognitive function,” says study author Elizabeth Eckstrom. “That’s a lot.”

From *The Week* magazine, December 2023



SPECIAL PROGRAMS, EVENTS & TRIPS

Registration Required

**Registration for starred programs not available on MyActiveCenter.*

BALLROOM DANCE PARTY WITH LESTYN

DJ Lestyn Gilmore leads this social dance party (no instruction). Water and cookies served.

Friday, 6/7, 1:00 PM—3:00 PM, \$5

SHERRIF'S OFFICE SENIOR OUTREACH PROGRAM

New monthly "Senior Outreach" initiative by the Norfolk County Sheriff's Office. A different focus area will be presented each month. For June, File of Life and Dementia Awareness will be covered. Future topics include: Yellow Dot Program; Situational Awareness; Scam Prevention; Technology Assistance.

Wednesday, 6/12, 10:30 AM—11:30 AM, Free

ARTS & CRAFTS WITH KAREN

Paint Party! Step by step instructions provided to paint this beautiful beach scene on canvas. No painting experience needed.



Friday, 6/14, 10:30 AM—12:00 PM, \$10

MOVIE MATINEE

Feature will be "Boys in the Boat," a 1930s-set story centered on the University of Washington's rowing team from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics. Movie and popcorn free; candy and soda available for \$1.

Friday, 6/14, 1:00 PM—3:00 PM, Free

MY ANNUAL FINANCIAL HEALTH CHECK-UP WITH TOM QUIN, CPA

Tom advocates for an annual financial health check-up as being a critical necessity for seniors. The most important tool is a net worth statement which gives a snapshot of your overall finances at a given moment in time. Your completed document will help you measure your ability to financially navigate your future and determine what financial choices might be available to you. This program will provide you with resources and explain how to utilize them. You can share the results with your financial advisors, accountant, attorney, and personal representative to get the most out of it.

Tuesday, 6/18, 1:00 PM—3:00 PM, Free

***HAMPTON BEACH SANDY SCULPTURES TRIP**

Bloom Bus Tour—Visit the 24th Annual Hampton Beach Master Sand Sculpting Classic then stroll the boardwalk for shopping and dining.

Friday, 6/21, \$59

LONGEST DAY LEMONADE STAND

The Longest Day is the day with the most light—the summer solstice. Help us fight the darkness of Alzheimer's at this fundraising event.

Friday, 6/21, 11:00 AM—1:00 PM, \$1/Cup

SOCIAL MEDIA WORKSHOP—2 PART CLASS SERIES

Social media apps like Facebook and Instagram can be great ways to stay in touch with family, learn about community news, and communicate with loved ones. In this class series, Tamarah Green, Executive Director Walpole Media, will introduce Facebook and (if time allows) other popular social media platforms, and best practices for using them safely.

Friday, 6/21 AND 6/28, 1:00 PM—2:00 PM, Free

CAMPFIRE CONNECTONS

Gather 'round the "campfire" with Cub Scouts Pack 44 for stories, snacks, and s'mores. Fun intergenerational activity!

Wednesday, 6/26, 11:00 AM—12:00 PM, Free

BOOK SWAP

Bring a book, take a book...or two, or three! Let's kick-off your summer reading at our book swap. We'll also have information about Walpole Public Library's Summer Reading Program. Learn about the Beanstack app and how to earn badges and prizes.

Friday, 6/28, 1:00 PM—2:00 PM, Free

***UPCOMING BUS TRIPS—BLOOM TOURS**

July 24th—SPIRIT OF BOSTON

August 13th—LEGENDS LIVE

September 25th—LOBSTER ROLL CRUISE

October 21st—PARKER'S MAPLE BARN

November 8th—NE CHRISTMAS CRAFT FESTIVAL

To register for a Bloom Tour, please complete a trip registration form and return to the front desk with a check made payable to "Town of Walpole."



COFFEE & CONVERSATION TOPICS— THURSDAYS AT 1:00 PM - FREE

Most Coffee & Conversation programs are livestreamed at <https://www.walpolemedia.tv/> Previously recorded Coffee & Conversation shows are also aired daily on local cable access channels 8 (Comcast) and 31 (Verizon) at 2:30PM and can be found on YouTube by searching, "Walpole Media Coffee."



THURSDAY, JUNE 6TH— FAMOUS BAYSTATERS TRIVIA

Test your knowledge of notable figures from Massachusetts. The folks from Therapy Gardens will present quotes from famous Bay Staters across various fields—think Bette Davis in film, Jay Leno in comedy, or John F. Kennedy in politics – and it’s up to you to guess who said it. We keep giving quotes until you get it (or we run out of quotes). It’s a fun and enlightening way to explore the history and rich cultural heritage of Massachusetts one quote at a time. If you liked our Local Food Trivia program you’ll love this one.

THURSDAY, JUNE 13TH — REAL ESTATE MARKET UPDATE

In this collaborative presentation Attorney Joanne DiPietro and Realtor Richard Carlo provide insights into the current state of the real estate market and expert forecasts. Discover the hidden potential of your home equity as a powerful asset when downsizing. Hear practical strategies and expert tips on decluttering and other considerations when contemplating a move.

THURSDAY, JUNE 20TH — SCRAPES, BRUISES AND BURNS

The medical staff from Beth Israel Lahey Dedham Urgent Care will be at the COA to talk about scrapes, bruises and burns. Come and learn more about basic wound and skin care, the different wound management options and know when to seek out urgent care.

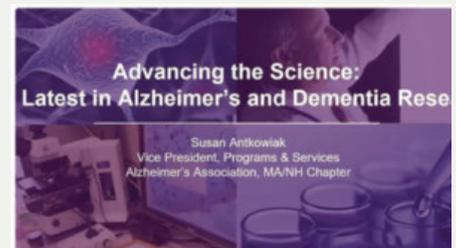
THURSDAY, JUNE 27TH — IN THE LEAGUE WITH THE DEVIL: WITCHCRAFT PANICS IN COLONIAL NEW ENGLAND

Paolo DeGregorio, The Artifactual Scholar is back, this time talking witchcraft. The Salem Witchcraft Trials are a well-known tale from early American history. Yet those events in Salem were not the only, nor the first, witchcraft panics in New England. This talk will tell the story of Puritans, superstition, and the various witchcraft scares throughout the colonial period.

C&C EXTRA SCOOP

Despite the wintry weather and the need to pivot to a Zoom format, the April 4th Coffee & Conversation on "New Advances in Alzheimer’s Treatments" saw an impressive turnout, underscoring the immense interest in this critical topic. Susan Antowiak, Vice President of Programs and Services at the Alzheimer’s Association, delivered an insightful overview encompassing the causes, prevention, and evolving treatments for Alzheimer’s and related disorders. She illuminated the significant strides made in treatment over the past three decades while emphasizing the vital role of ongoing research in driving further progress.

The Walpole Council on Aging remains committed in its support of the Alzheimer’s Association and its initiatives. June is Alzheimer’s and Brain Health Awareness Month. On June 21st, the summer solstice, individuals worldwide will unite to combat the darkness of Alzheimer’s through various fundraising activities. To kick off our fundraising efforts for this year’s Walk to End Alzheimer’s, Team Walpole COA will be hosting a Lemonade Stand. Join us for information and a refreshing cup of lemonade as we collectively strive to #ENDALZ!"





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