



April 2024

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

April Priority Registration for
Walpole Residents will open
Monday, March 18th at
9:00AM. Open registration be-
gins Tuesday, March 19th.

THE INSIDE SCOOP

- ◆ New Program Coordinator
- ◆ COA News From Kerri
- ◆ Outreach Note
- ◆ Regularly Scheduled Programs
- ◆ April Month at a Glance
- ◆ Trish's Wellness Tips— Public Health Goals
- ◆ News from WPD—Do Not Knock List
- ◆ Volunteer Appreciation
- ◆ Fitness Programs
- ◆ New Program—Bollywood Beats for Wellness
- ◆ Fitness Focus—Feet First
- ◆ More KevTech Services Classes
- ◆ Spring Fling!
- ◆ Shredding Event
- ◆ NVAP Educational Program and Vendor Fair
- ◆ Coffee & Conversation Topics
- ◆ Upcoming Bus Trips

Center closed Monday, April 15th for Patriot's Day



WELCOME TO THE TEAM, MIMI!

Hi, I'm Mimi Connell. I'm so excited to be joining the Walpole COA as the new Program Coordinator. I've enjoyed meeting many of you already and am looking forward to meeting the rest of you! Here's a bit about me: I am a graduate of Mount Holyoke College and hold an MBA from Boston College. Most of my career was spent with IBM where I fulfilled a number of different roles, the most recent being a project manager. My husband and I made our home here in Walpole over 32 years ago and raised our three children here. Some of my recent interests include pickleball and painting. I'm already loving being part of this awesome team! Please don't hesitate to stop me to say hello - and I'll do the same.

SPRING HAS SPRUNG AT THE SOUTH STREET CENTER!

Spring is blooming in this month's edition of the Senior Scoop! As trip season kicks off, we anticipate the excitement of the upcoming Spring Fling. Get ready for opening day at Fenway, complemented by our 'Take me out to the Ballgame Trivia' event. Meanwhile, our Gardening Group is bustling with plans, alongside another delightful ice cream social. Let's embrace the season with spring golf, bocce, longer days, and an abundance of joyful moments ahead!



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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- Help residents resolve their concerns or issues.

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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:

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Warren Bergerson, EA



Harvey Blonder, EA

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HOURS:

Monday - Wednesday:

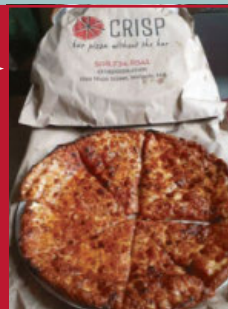
10:30 am - 8:00 pm

Thursday - Saturday:

10:30 am - 9:00 pm

Sunday:

11:30 am - 8:00 pm



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Walpole Council on Aging, Walpole, MA

06-5188

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. 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

Each year when we review the April calendar, we can feel the energy change in the Center as we welcome springtime and plan some of our favorite annual events. We are looking forward to welcoming in the season with our **Spring Fling on April 17th**, this year generously sponsored by RE/MAX.



I want to thank all our members for their patience with our updated registration process. We know change is not easy and we are grateful for your patience as we continue to fine tune. Our goal is to complete the process efficiently and quickly and these changes are helping us to accomplish that goal.

Please note the **Shredding Event on April 19th** to be held in the lot across the street. Deb worked with the Norfolk District Attorney's Office to plan a date over the WPS April break to ensure there is plenty of room in the lot for parking and dropping off materials. This is well timed for after Tax Season, but please check with a professional if you need help determining how long you need to hold confidential information. This is a terrific opportunity to climb out from under the pile of paper we often find ourselves dealing with and there is no limit.

In honor of Volunteer Appreciation Month, I want to express the community's gratitude to our fabulous group of volunteers that help this place keep humming. We truly cannot do what we do here day to day without the support of our **98 volunteers** who together provided **6,578 hours** of service to the COA in 2023! That is **274 DAYS** of service! Please thank the volunteers you see around the Center this month (and every month!) for the time they give to your Center.

~ Kerri

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Follow us on Facebook and Instagram!

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 dfradkin@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

**NUTRITION CONSULTS WITH HESSCO
REGISTERED DIETICIAN KELSEY**

Appointments on hold

30 min consult, FREE

CHAIR MASSAGE WITH JOANNE

Tuesday, 4/9, 10:00 AM—1:00 PM

\$1/min up to 25 min

REIKI WITH SHIRLEY

Tuesday, 4/16, 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

REFLEXOLOGY WITH LOUISE

Thursday, 4/25, 9:00 AM—1:30 PM

\$40 for 30 min session

LEGAL CONSULTS WITH ATTY JOANNE DIPIETRO

Friday, 4/12, 1:00 PM—2:30 PM

30 min consult, FREE

HEARING CARE CLINIC

Friday, 4/26, 10:00 AM—12:00 PM

20 min appt, FREE

SHINE COUNSELING

By appointment

FREE

MOBILE SHREDDING EVENT

Sponsored by Norfolk District Attorney
Michael Morrissey's Office



Friday, April 19th,
10:00 AM—1:00 PM

Parking Lot Across the Street from the
South Street Center

Clean out those file cabinets and safely dispose
of sensitive and personal documents to protect
yourself from identity theft and fraud. No limit.
No need to remove staples and paperclips. All
are welcome. No registration required.

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**

Goodbye, Winter! Hello, Spring! The
weather is getting warmer and the
days are getting longer. What a fun
time of year. We're looking forward
to spending more time outside and
seeing more of the sunshine.

We are wrapping up tax season. AARP
tax prep volunteers have been busy
completing simple tax returns for our
members since the beginning of Feb-
ruary. This is a great time of year to
clean out your file cabinets. Dispose of your personal
documents safely at our **Shredding Event on April 19th.**

Just a reminder that Fuel Assistance ends May 1st. In-
come limits are \$45,392 for single households and
\$59,359 for two member households. Please reach out
to us for more information.

Happy Spring everyone!

~ *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, 4/5, 10:00 AM

WALPOLE ERRANDS (CVS, library, post office, etc.) -
Friday, 4/12, 4/26, 10:00 AM

WALMART/KOHL'S/ALDI—Friday, 4/19, 10:00 AM

DOLLAR TREE/OCEAN STATE—Monday, 4/1, 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 re-
quests 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

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 players.

Thursdays, 2:00 PM—3:30 PM, Free

SPRING GOLF **STARTING IN MAY**

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

Fridays, May 3rd—June 28th, 10:00 AM Tee Time

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

Wednesday, 4/17, Two class times, 9:00 AM- 10:30 AM and 10:30 AM—12:00 PM, \$7

CREATIVE CORNER

Join us for an interactive activity each month.

Thursday, 4/11, 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, 4/4 and 4/18, 2:00PM—3:30 PM, \$3

ARTS AND CRAFTS WITH KAREN

This month's project is a hand-painted wooden sign with silk floral embellishments.

Friday, 4/12, 10:30 AM —12:00 PM, \$10



BREAKFAST—Located in the Café. An assortment of items available for purchase (breakfast sandwiches, pastries, yogurt parfaits, fruit and cereal) 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, 4/12, 10:00 AM—12:00 PM



WATERCOLOR & MIXED MEDIA WITH MARY—

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

Monday, 4/1—Intro class for new students

Monday, 4/8 and 4/22—Experienced students
1:00 PM—3:00 PM, \$2

KNIT & NEEDLE

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

CARD MAKING CLASS WITH MARILYN— Create hand-made cards that friends will treasure.

Wednesday, 4/3, Two class times, 10:00 AM—12:00 PM and 1:00 PM—3:00 PM, \$5

SENIOR MOMENTS CHORUS

All are welcomed. No singing experience required.

Wednesdays, 2:00 PM—3:30 PM, Free

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, 4/30, 3:00 PM, Free

COA BOARD MEETING

Thursday, 4/25, 10:00 AM, Free

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

Wednesday, No appointments February - April 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.

Wednesday, 4/3, 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, 4/2, 1:00 PM—2:30 PM, Free

GRIEF SUPPORT GROUP

Group led by social workers Kerri McManama and Jean Thompson.

Tuesday, 4/9 and 4/23, 1:30 PM—3:00 PM, Free

GRANDPARENTS RAISING GRANDCHILDREN GROUP

Group led by Outreach Worker Jillian Nauman.

Wednesday, 4/10, 12:00 PM - 1:30 PM, Free

VETERANS COFFEE HOUR

Thursday, 4/11, 10:00 AM, Free

CAREGIVER SUPPORT GROUP

Group led by Sandy Pellegrine, RN.

Thursday, 4/11, 2:00 PM—3:30 PM, Free



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Walpole Council on Aging, Walpole, MA

06-5188



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 AARP Tax Appointments 10:00 & 10:45 Chair Ex Video 10:00 Footcare 10:00 Zumba 11:00 Dollar Tree /Ocean State 1:00 Bingo 1:00 Watercolor—Intro Class 2:00 Feet First #1	2 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 Ballet Barre 1:00 Memory Café 1:30 Genealogy #3	3 8:30 & 9:30 Steve's Class #2 8:30 Day of Beauty 9:00 Classic Yoga 9:00 Wellness Clinic 10:00 & 1:00 Card Making 11:00 & 11:45 Chair Ex Video 12:00 Grab & Go <i>Chicken Salad</i> 1:00 Beginner Mah Jongg 1:30 Line Dancing 2:00 Mexican Train 2:00 Senior Moments Chorus	4 9:00 Meditation 9:00 Wellness Clinic 9:00 & 10:15 Sit & Be Fit 10:00 Knit & Needle 11:30 Soup du Jour 12:30 Alzheimer's Partner- ship Vendor & Resource Fair 1:00 Coffee & Conversation <i>New Advances in Alzhei- mer's Treatments</i> 2:00 Beginner Cribbage 2:00 Colored Pencils	5 9:30 Chair Yoga 10:00 Patriot Place 11:00 Zumba 1:00 Ballroom Dance Party
8 9:00 AARP Tax Appointments 10:00 & 10:45 Chair Ex Video 10:00 Footcare 10:00 Zumba 1:00 Bingo 1:00 Watercolor 2:00 Feet First #2	9 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 10:00 Chair Massage 10:15 Ballet Barre 1:00 Drums Alive 1:30 Grief Support 1:30 Genealogy #4 2:30 Bollywood Beats	10 8:30 & 9:30 Steve's Class #3 9:00 Classic Yoga 9:00 Wellness Clinic 11:00 & 11:45 Chair Ex Video 12:00 Grab & Go <i>Turkey & Cheese</i> 12:00 Grandparent Group 1:00 Beginner Mah Jongg 1:30 Line Dancing 2:00 Mexican Train 2:00 Senior Moments Chorus	11 9:00 Meditation 9:00 Wellness Clinic 9:00 & 10:15 Sit & Be Fit 10:00 Veterans Meeting 10:00 Knit & Needle 11:30 Soup du Jour 1:00 Coffee & Conversation <i>Lower Stress, Better Life</i> 2:00 Beginner Cribbage 2:00 Caregiver Support Group 2:00 Creative Corner	12 9:30 Chair Yoga 10:00 Gift Cart 10:00 Walpole Errands 10:30 Arts & Crafts 11:00 Zumba 1:00 Legal Consults 1:00 Take me out to the Ballgame 2:00 Navigating Settings on iPhone
15 PATRIOTS' DAY CENTER CLOSED	16 MAY PRIORITY REGISTRATION OPENS 9:00 Breath Work 9:00 Tai Chi 9:00 Walking Club	17 MAY NON-RESIDENT REGISTRATION OPENS 8:30 & 9:30 Steve's Class #4 9:00 Classic Yoga 9:00 Wellness Clinic	18 9:00 Meditation 9:00 Wellness Clinic 9:00 & 10:15 Sit & Be Fit 10:00 Knit & Needle 11:30 Soup du Jour	19 9:30 Chair Yoga 10:00 Walmart 10:00 Shredding Event 11:00 Zumba 1:00 IWCW Ice Cream So-

	<p>9:00 Walking Club</p> <p>9:45 & 11:00 Steve's Men's Fitness</p> <p>10:00 Grocery Shopping</p> <p>10:00 Knit & Needle</p> <p>10:00 Reiki</p> <p>10:15 Ballet Barre</p> <p>1:00 Drums Alive</p> <p>1:30 Genealogy #5</p>	<p>9:00 Wellness Clinic</p> <p>9:00 & 10:30 Floral Design</p> <p>11:00 & 11:45 Chair Ex Video</p> <p>11:30 Spring Fling</p> <p>12:00 Grab & Go Seafood Salad</p> <p>1:00 Beginner Mah Jongg</p> <p>1:30 Line Dancing</p> <p>2:00 Mexican Train</p> <p>2:00 Senior Moments Chorus</p>	<p>1:00 Soup du Jour</p> <p>1:00 Coffee & Conversation</p> <p>Trading Cards</p> <p>2:00 Beginner Cribbage</p> <p>2:00 Colored Pencils</p>	<p>1:00 JWCW Ice Cream Social</p> <p>1:00 Restorative Yoga</p> 
<p>22</p> <p>10:00 & 10:45 Chair Ex Video</p> <p>10:00 Footcare</p> <p>10:00 Zumba</p> <p>1:00 Bingo</p> <p>1:00 Watercolor</p> <p>2:00 Feet First #3</p>	<p>23</p> <p>9:00 Breath Work</p> <p>9:00 Tai Chi</p> <p>9:00 Walking Club</p> <p>9:45 & 11:00 Steve's Men's Fitness</p> <p>10:00 Grocery Shopping</p> <p>10:00 Knit & Needle</p> <p>10:15 Ballet Barre</p> <p>1:00 No Drums Alive</p> <p>1:00 Brown Bag Medication Review</p> <p>1:30 Genealogy #6</p> <p>1:30 Grief Support</p>	<p>24</p> <p>8:30 & 9:30 Steve's Class #5</p> <p>8:45 Blithewold Tea Tour</p> <p>9:00 Classic Yoga</p> <p>9:00 Wellness Clinic</p> <p>10:30 Coffee & Chat with Select Board</p> <p>11:00 & 11:45 Chair Ex Video</p> <p>12:00 Grab & Go</p> <p>Ham & Cheese</p> <p>1:00 Beginner Mah Jongg</p> <p>1:30 Line Dancing</p> <p>2:00 Mexican Train</p> <p>2:00 Senior Moments Chorus</p>	<p>25</p> <p>9:00 Meditation</p> <p>9:00 Wellness Clinic</p> <p>9:00 Reflexology</p> <p>9:00 & 10:15 Sit & Be Fit</p> <p>10:00 Knit & Needle</p> <p>10:00 COA Board Meeting</p> <p>11:30 Soup du Jour</p> <p>1:00 Coffee & Conversation</p> <p>Senior Living Options</p> <p>2:00 Beginner Cribbage</p> <p>2:00 Colored Pencils</p>	<p>26</p> <p>9:30 Chair Yoga</p> <p>10:00 Hearing Clinic</p> <p>10:00 Walpole Errands</p> <p>11:00 Zumba</p> <p>12:30 Intergenerational</p> <p>Craft Day</p> <p>2:00 iPhone for Health & Emergencies</p>
<p>29</p> <p>10:00 & 10:45 Chair Ex Video</p> <p>10:00 Footcare</p> <p>10:00 Zumba</p> <p>1:00 Bingo</p> <p>2:00 Feet First #4</p>	<p>30</p> <p>9:00 Breath Work</p> <p>9:00 Tai Chi</p> <p>9:00 Walking Club</p> <p>9:45 & 11:00 Steve's Men's Fitness</p> <p>10:00 Grocery Shopping</p> <p>10:00 Knit & Needle</p> <p>10:15 Ballet Barre</p> <p>1:00 No Drums Alive</p> <p>3:00 Book Club</p>	<p><u>DAILY ACTIVITIES</u></p> <p>Breakfast: 8:30—10:30</p> <p>HESSCO Lunch: 11:30-12:15 (Friday 12:00—12:30)</p> <p>Afternoon Games: Mon—Fri, 1:30-4:00</p> <p>Pool & Bocce: 8:00—4:00</p> <p>Fitness Room: Mon & Wed 8:30—2:30; Tues, Th, Fri 8:30—11:30</p>		
<p>Kindly pre-register for all programs every month and cancel if you are unable to attend. Most registrations can be made at www.myactivecenter.com.</p> <p>Thank you for your cooperation!</p> 				



TRISH'S WELLNESS TIPS

NATIONAL PUBLIC HEALTH WEEK IS APRIL 1ST—7TH!

Public Health promotes and protects the health of all people and their communities but many people don't realize how much Public Health affects their daily lives!

The goal of Public Health is to keep people from getting sick or injured in the first place; therefore, many public health programs encourage healthy behaviors through vaccination, education, food safety, school nutrition programs, chronic disease prevention, and wellness programs. Public health campaigns also emphasize the importance of preventive screenings and encourage individuals to prioritize their health through regular check-ups.

Thanks to various public health interventions such as vaccinations, improved sanitation, and disease surveillance systems, millions of lives have been saved from infectious diseases. Diseases like smallpox, polio, and measles, which were once widespread and caused significant morbidity and mortality, have been largely eradicated or effectively controlled through comprehensive public health efforts. These remarkable achievements highlight the power and impact of public health initiatives.

According to the National Institutes of Health (NIH), individuals over the age of 65 are more susceptible to complications from infectious diseases, the most common complication being pneumonia. Pneumonia is the leading cause of death due to infectious disease in the elderly and the fourth most common cause of death overall (CDC, 2021). Emphasizing the essential need of Public Health measures to ensure individuals receive preventive care, such as vaccinations against pneumonia, which strengthens your overall health. Every day, public health plays a critical role in influencing our lives and society as a whole. Whether it's combating infectious diseases, promoting healthier lifestyles, or addressing social determinants of health, public health initiatives are essential to building a future that is both healthier and more equitable.



NEWS FROM THE WPD



The Walpole Police Department has implemented a "Do Not Knock List" for registered solicitors in 2024. This list contains addresses of residents choosing to opt out of door to door solicitation by individuals and companies permitted to solicit by the Walpole Police. This list will be compiled annually, so if you register now, you will have to re-new your registration annually, each January 1st. If you would like your residence added to our Do Not Knock list, please email your name, street address and a phone number to: donotknock@walpolepd.com. You will receive an email confirmation once your residence has been added to the list. Thank you!

APRIL IS VOLUNTEER APPRECIATION MONTH

During Volunteer Appreciation Month, we extend our heartfelt gratitude to the countless volunteers at our Center who generously donate their time and energy. Your dedication enriches the lives of our members every day, creating a warm and vibrant community that we are immensely grateful for.




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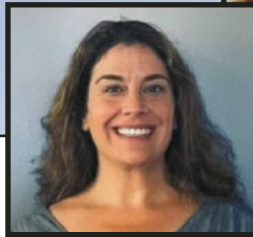
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06-5188



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

FEET FIRST **NEW SESSION!**

Mondays, 4/1, 4/8, 4/22, 4/29, 2:00 PM—3:00 PM

A returning 4-part class series with Robin Lamperti focusing on the anatomy of your feet. Come learn why balance, mobility, and stability rely on putting your best foot forward!

\$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

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

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

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 4/2, 4/23, 4/30**

\$5 per class

BOLLYWOOD BEATS FOR WELLNESS **NEW!**

Second Tuesday at 1:30 PM

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.

\$5

EXERCISE WITH STEVE

Wednesdays at 8:30 AM and at 9:30 AM,

Please note, no new session starting in April

3/27—5/1 "Brake" Dancing for Seniors continues. Six-week program designed to work the eccentric contractions of the muscles (braking system). This modality will improve dynamic posture and stability. Program is facilitated by Steve Avellino MFT, CES, SSF, SSN, CSCS, CET.

\$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

RESTORATIVE YOGA WITH DONNA

Friday, 4/19, 1:00 PM—3:00 PM

Rest your mind and body with this 2 hour workshop. Enjoy stretch and supported poses as you release deep tension.

\$15 per class

***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 Lindsey 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—FEET FIRST!

Healthy feet and ankles provide support for your whole body, yet most exercise programs completely forget about the feet... until now. Feet First jumps right into those amazing shock absorbers at the end of your legs. This interactive 4-part series dissects the anatomy of your feet, how they move, and how your footwear literally shapes your feet. Come learn why balance, mobility, and stability rely on putting your best foot forward!

What to Expect: Classes are interactive; shoes and socks ought to be easily removed, and you should be comfortable walking without assistance. If you have physical limitations you can still attend but please let us know ahead of time so that we can best meet your needs. You'll receive a take-home toolkit to help you in doing the exercises at home. Practicing at home will help you learn best, and is strongly encouraged. To get the most out of this course, attendance for all four classes is recommended.

Stay Tuned! 'Walk this Way,' a new class series beginning in May, will build on the foundation of lessons from 'Feet First.'



SPECIAL PROGRAMS, EVENTS & TRIPS

Registration Required

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

NEPONSET VALLEY ALZHEIMER'S PARTNERSHIP EDUCATIONAL PROGRAM AND RESOURCE FAIR

Special addition to our regular C&C programming. Professionals from your local Alzheimer's Partnership will display resource information and be available to answer questions before and after the presentation.

Thursday, 4/4, 12:30 PM—2:30 PM

BALLROOM DANCE PARTY WITH LESTYN

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

Friday, 4/5, 1:00 PM—3:00 PM, \$7

TAKE ME OUT TO THE BALLGAME

Join us for a fun-filled afternoon of baseball nostalgia! Test your knowledge of America's favorite pastime at our Baseball Trivia Event hosted by Palmetto Consulting's Middle School Leadership and Service Academy.

Friday, 4/12, 1:00 PM—2:00 PM. Program and popcorn free, hotdogs \$2

NAVIGATING SETTINGS ON YOUR IPHONE/IPAD

Kevin Figueroa from KevTech Services will provide a general overview of the iPhone and iPad Settings app, guiding you through customization options and optimizing your device for personalization, security, and ease of use.

Friday, 4/12, 2:00 PM—3:00 PM, \$10

SPRING FLING SPONSORED

BY RE/MAX



Walpole's RE/MAX Real Estate Center has generously offered to sponsor this year's Spring Fling. Enjoy a delicious catered hot meal served with smiles from our friends at RE/MAX!

Wednesday, 4/17, 11:30 AM—1:00 PM, Free

SHREDDING EVENT

No need to register. No limit.

Friday, 4/19, 10:00 AM—1:00 PM, Free

JWCW ICE CREAM SOCIAL

Close out the week with a delicious bowl of ice cream and music from Jazz&Co. Sponsored by the JWCW.

Friday, 4/19, 1:00 PM—2:00 PM, Free

BROWN BAG MEDICATION REVIEW

Is your medicine cabinet full of unused or expired medications? Please join Walpole Public Health Nurse Trish Fisher and Big Y Pharmacist Eddie Martucci to review your medications and discuss proper disposal methods. Plan to bring all old, unused, expired or questionable medications with you. Empty that medicine cabinet and bring your medications in a bag for a one on one review.

TUESDAY, 4/23, 1:00 PM—2:00 PM, Free

COFFEE AND CHAT WITH THE SELECT BOARD

Opportunity to connect with different members of the Walpole Select Board in an informal, meet and greet format.

Wednesday, 4/24, 10:30 AM—11:30 AM, Free

IPHONE FOR HEALTH AND EMERGENCIES

In this class, Kevin Figueroa from KevTech Services will demonstrate how the iPhone can help in different emergency situations. We explore emergency contacts, the SOS feature, voice activation, and more.

Friday, 4/26, 2:00 PM—3:00 PM, \$10

*BLITHEWOLD MANSION & TEA TOUR

Bloom Tours bus trip. Celebrate spring at this beautiful 33 acre estate on Narragansett Bay with a spectacular display of 50,000 daffodils. Tour includes a guided tour of Blithewold, an afternoon tea with scones and sandwiches, and time in downtown Newport.

Wednesday, 4/24, 8:45 AM—6:15 PM, \$135

INTERGENERATIONAL CRAFT DAY

Join the elementary school students for a heartwarming day of creativity and connection at Elm Street School. Let's create memories together through the joy of art and friendship.

Friday, 4/26, 12:30 PM, Free

*SENIOR GALA

In conjunction with the Walpole COA, the Walpole 300th Anniversary Committee is planning a fabulous Gala for Walpole Seniors. Limited transportation available. See flyer opposite page.

Thursday, 5/9, 11:00 AM—4:00 PM, individual seat (open seating) \$50, table of 8 reserved, \$400



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.



THURSDAY, APRIL 4TH— NEW ADVANCES IN ALZHEIMER'S TREATMENTS

Hear about the newest treatments and advances from Susan Antowiak, Alzheimer's Association, VP Programs and Services, and learn about local resources from members of the Neponset Valley Alzheimer's Partnership. Vendor Fair will be open before and after the presentation.

THURSDAY, APRIL 11TH — LOWER STRESS, BETTER LIFE

Stress is all around us. We can't avoid it. But we can learn how to manage it, even prevent it, from hurting our health and wellbeing. Join us for this group health talk brought to you by the doctors at MCR Chiropractic and learn what can stress you, how to identify it, how it affects you, and treatment options available.

THURSDAY, APRIL 18TH — TRADING CARDS: HISTORY, HOBBY, HARD CASH

Do you have a trading card collection? Ever wondered what the cards could be worth? Bill Murray from Wild Willy's Sports Cards will be at the Center to talk about the history of trading cards dating back to the 1800's. He'll share pieces of his expansive collection, talk about his hobby and business, and tell you how to get your own trading cards evaluated and valued.

THURSDAY, APRIL 25TH — SENIOR LIVING OPTIONS

Bill Cleary, Oasis Senior Living Advisor, will explain how independent living differs from assisted living, memory care, and skilled nursing; when is the right time to make a move; how to find just the right community for yourself or a loved-one; what will it cost; and how will you pay for it!

SENIOR Gala

Tickets \$50

Appetizers | Buffet Dinner | Live Music
| Dancing | Raffles

Date: Thursday, May 9, 2024
Location: Avenir, 1601 Main St. Walpole
Time: 11 AM - 4 PM
(Doors open at 11 AM sharp)

*THE WALPOLE FOOTLIGHTERS Into the Breeches! 5/3—5/19



Into the Breeches! is set during World War II. All the men who usually run the local community theater are off at war, and the women left behind try to mount a production of a Shakespeare play without them. Unlike in Shakespeare's time when women weren't allowed to act, the women are playing all the roles. Walpole COA members can order tickets using the discount code **BreechesSpring** to purchase \$17 tickets (regular price \$22). www.footlighters.com
Box Office: 508-668-8446

UPCOMING Bus Trips! WITH BLOOM TOURS

MAY 22ND - PROVIDENCE LITTLE ITALY

Registration is open.

Tour includes a morning visit to Scialo's Bakery, lunch at Cassarino's, and guided bus tour of the area. \$120

JUNE 21ST - HAMPTON BEACH SANDY SCULPTURES

Registration opens April 1st.

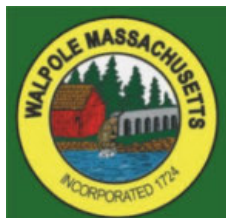
Visit the incredible 24th Annual Hampton Beach Master Sand Sculpting Classic which attracts millions of visitors each year, then stroll the mile-long boardwalk for shopping and dining on your own. \$59

JULY 24TH - SPIRIT OF BOSTON

Registration opens May 1st

Tour includes a 2 hour cruise on historic Boston Harbor featuring live entertainment and buffet luncheon. \$135

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



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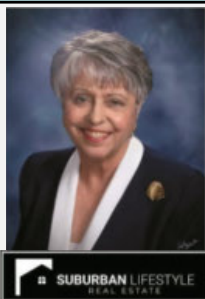
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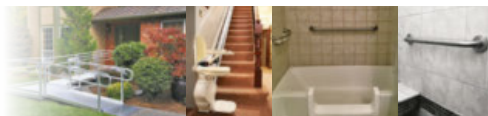
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