



# NEW (S)

# HORIZON

## A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

WALPOLE CENTER—135 SCHOOL STREET, WALPOLE, MA 02081

Telephone 508-668-3330 Fax 508-660-7363

The Council on Aging is the department of town government dedicated to assessing the needs of and providing services to Walpole residents age 60 and older.

The goal of the Walpole Council on Aging is to serve as advocates and to enhance the lives of Walpole Elders in our community

YOU ARE CORDIALLY INVITED TO ALL MEETINGS OF THE WALPOLE COUNCIL ON AGING.  
OUR NEXT MEETINGS ARE DECEMBER 19, 2013 & JANUARY 23, 2014 AT 1:30 PM AT THE COA

*The Walpole C.O.A. is proud to sponsor many events and programs addressing health concerns for Walpole elders and their families.*

Nutrition programs  
TRIAD  
HESSCO Lunches  
Podiatrist  
Educational  
Knitting group  
Bingo

VNA Clinics  
Yoga  
Outreach Services  
Cribbage  
Financial programs  
Writing group  
Veterans Group

Dominos  
Whist  
Bridge  
Great Trips  
Chair Exercise programs  
Zumba Gold  
Mah Jongg

Transportation for shopping, errands, and medical appointments.  
Day of Beauty (September-June)

PLEASE CONSULT YOUR WALPOLE NEWSLETTER FOR TIMES AND DATES OF THESE PROGRAMS!

For the most up to date information please go on our website at [www.walpole-ma.gov](http://www.walpole-ma.gov)

MERRY CHRISTMAS, FELIZ NAVIDAD, JOYEUX NOEL, HAPPY KAWANZA FROM THE STAFF AT YOUR SENIOR CENTER AND A HAPPY HEALTHY NEW YEAR

## WALPOLE SENIOR CENTER HOURS:

MONDAY, WEDNESDAY, THURSDAY, FRIDAY 8:30 –5:00PM TUESDAY 8:30– 8:00PM

**DIRECTOR'S LETTER:**

I would like to wish everyone a happy and safe New Year, and for making my first half of the year so delightful!

Soon the falling leaves will turn to falling snow and ice. I know we are all hardy New Englanders but don't forget to keep your driveways and stairs clear of all snow and ice for your safety. The Walpole Recreation Department, the Walpole Department of Public Works, and S.M. Lorusso & Sons have joined forces again and will offer the Sand & Salt Program for seniors that will run during the upcoming winter months. If interested, please call the Recreation Department at 508-660-7353.

Please continue to stop in and say hello and bring me your fabulous ideas for the center.

Happy 2014! ~ Courtney Riley (Director)

**Breaking Bread Community Meal**

Held every Monday from  
5:30 PM– 6:30 PM  
United Church  
30 Common St, Walpole

*All are Welcome!*

**Donate Goods:**

If you are able, please bring in a non-perishable food item into the center and we will donate it to the Walpole Food Pantry.

*Thank you!*

**Wanted Volunteer Drivers!**

The Walpole Senior Center is looking for volunteers to drive seniors to medical appointments in the Walpole/Norwood areas.

We currently have some wonderful drivers but the need is very high for seniors who need rides.

All drivers would be insured through the Norfolk RSVP program.

If interested please call  
Courtney Riley  
508-660-7346



A Reply,

In the November *New(s) Horizon*, the new Director Courtney Riley wrote a note of Thanksgiving letting people know how much she appreciated the help and cooperation she received since she has been in Walpole.

It made me think of a poem that was written based upon an incident that allegedly happened in The Redstone School, a small one room school house now in Sudbury, MA. This could be paraphrased, but I think you know what I mean.

“Why does the lamb love Mary so?”

The eager children cry.

“Why. Mary loves the lamb, you know”

The teacher did reply.

Anonymous us!

## DECEMBER 2013

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>2</b> Errand Day & Walpole Mall Exercise class 10:00 Dominos 1:00 Mah Jongg 1:30	<b>3</b> Stop & Shop AM trips Walking Club Whist 12:00	<b>4</b> Super Saver 9:30 AM Exercise class 10:00 AM Knitting 10:00 AM Senior Citizens Club 1:00 Walpole Co-Op Dinner Walpole HS Play 3:00 PM	<b>5</b> NO Chickie Flynn Yoga 10:30-11:30 AM Annual COA Christmas Party 11:30 AM Hoops & Needles 6:00 PM	<b>6</b> Breakfast at Center 9:00AM Limit 24 seniors Zumba 9:00 AM Writing 10:00 AM Bingo 12:30 AM
<b>9</b> Festival of Trees 10:00AM Exercise class 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	<b>10</b> Stop & Shop AM trips Venus DeMilo Show 10:00 Walking Club Whist 12:00 PM	<b>11</b> Day of Beauty 8:30 Breakers Mansion Holiday Tour 10:00 AM Exercise class 10:00 AM Senior Chorus Performance 2:15 PM	<b>12</b> Walk in Breakfast 8 AM-10 AM \$3.00 Cribbage 1:00 Bridge 1:15 Yoga 10:30-11:30 Hoops & Needles 6:00 PM	<b>13</b> Zumba 9:00 Bowling 10:00 Bingo 12:30
<b>16</b> Exercise class 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	<b>17</b> Stop & Shop AM trips Walking Club AM Whist 12:00 PM Podiatrist 1:00PM - 4:00PM	<b>18</b> Exercise class 10:00 AM Knitting 10:00 AM TRIAD 11:00 AM Senior Chorus 2:30 PM	<b>19</b> Restaurant of Month 11:00 Yoga 10:30 AM Cribbage 1:00 PM Bridge 1:15 PM COA Meeting 1:30 PM Hoops & Needles 6:00 PM	<b>20</b> Zumba 9:00 Writing 10:00 Bingo 12:30
<b>23</b> Market Basket 9:30 Exercise class 10:00 Dominos 1:00 Mah Jongg 1:30 VNA Blood Pressure 12:30	<b>24 Christmas Eve</b> Stop & Shop AM trips Walking Club  Center Closes at Noon	<b>25</b> CHRISTMAS DAY MERRY CHRISTMAS EVERYONE	<b>26</b> No Yoga Cribbage 1:00 Bridge 1:15 Hoops & Needles 6:00 PM	<b>27</b> Zumba 9:00 Bowling 10:00 Bingo 12:30
<b>30</b> Exercise class 10:00 AM Cracker Barrel 11:00 AM Movie at Center 1:00 PM Dominos 1:00 PM Mah Jongg 1:30 PM	<b>31 New Years Eve</b> Stop & Shop AM trips Walking Club Whist 12:00			



<b>DECEMBER TRIPS</b>
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DECEMBER 1 SUNDAY	WALPOLE LIONS DINNER	At Council on Aging	Please call Senior Center to Sign up
DECEMBER 2 MONDAY	ERRAND DAY AND WALPOLE MALL COMBINED	Just call the center and let us know where you live and we will pick you up.	Go anywhere in Walpole
DECEMBER 4 WEDNESDAY	SUPER SAVER STORE	Norwood MA	Van leaves center at 9:30 AM
DECEMBER 4 WEDNESDAY	WALPOLE CO-OP HOLIDAY DINNER	Limited space	Please call Senior Center to Sign up
DECEMBER 4 WEDNESDAY	WALPOLE HIGH SCHOOL PLAY	Charles Dickens Christmas Carol	Show Starts at 3:30 PM
DECEMBER 5 THURSDAY	ANNUAL COA CHRISTMAS PARTY	At Raffael's Restaurant	\$15 Sit down entertainment
DECEMBER 9 MONDAY	ELM BANK FESTIVAL OF TREES	10 Seats available	\$5.00 please call center to sign up
DECEMBER 10 TUESDAY	VENUS DE MILO WINTER HOLIDAY FESTIVAL	\$20.00 for luncheon and show	Van will leave at 10:00 AM
DECEMBER 11 WEDNESDAY	DAY OF BEAUTY	Join us at Tri-County Cos- metology	Van will leave Center at 8:30 AM
DECEMBER 11 WEDNESDAY	BREAKERS MANSION HOLIDAY TOUR	Newport RI, Lunch after at restaurant	\$15.00 for tour Lunch is separate
DECEMBER 13 FRIDAY	SOUTH SHORE PLAZA	Time to Shop and Dine	Van will leave center at 9:30 AM and return by 3:00 PM
DECEMBER 16 MONDAY	LEGACY PLACE	Shop for Gifts and have a nice meal.	Van will leave center at 9:30 AM and return by 3:00 PM
DECEMBER 19 THURSDAY	RESTAURANT OF MONTH	Restaurant is "Chelo's" in RI	Van will leave at 11:00 AM
DECEMBER 23 MONDAY	MARKET BASKET	Store in South Attleboro	Van will leave Center at 9:30 AM
DECEMBER 30 MONDAY	CRACKER BARREL	Enjoy at great meal at a great price.	Van will leave at 11:00 AM

**Please remember all events are weather dependent.  
Please call the center if you have any questions.  
508-668-3330**



# JANUARY 2014

## *Happy New Year!!!!*



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		1 <b>New Years Day</b>  <b>Center Closed due to Holiday</b>	2 Walk in Breakfast 8:00 AM -10:00 AM Chickie Flynn 11:15 AM Yoga 10:30-11:30 AM Hoops & Needles 6:00 PM	3 Zumba 9:00 AM Writing 10:00 AM Johnny Macaroni's Restaurant 11:00 AM Bingo 12:30 – 3:30 PM
6 Scrabble Game 10:00 AM Exercise class 10:00 AM Country Buffet 11:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	7 Stop & Shop AM trips Walking Club Whist 12:00	8 Errand Day & Walpole Mall Exercise class 10:00 AM Knitting 10:00 AM	9 Veterans Meeting 9:30 AM The Sing –Along Singers 1:00 PM Yoga 10:30-11:30 AM	10 Zumba 9:00 Bowling 10:00 Bingo 12:30 – 3:30 PM
13 Scrabble Game 10:00 AM Exercise class 10:00 AM Patriots Place 10:30 AM Dominos 1:00 PM Mah Jongg 1:30 PM	14 Stop & Shop AM trips Walking Club Whist 12:00	15 Exercise class 10:00 AM Woburn Mall 11:00 AM	16 Walk in Breakfast 8:00 AM -10:00 AM Wrights Farm “Bingo” Yoga 10:30-11:30 AM Hoops & Needles 6:00 PM	17 Zumba 9:00 Bingo 12:30 – 3:30 PM
20 <b>Martin Luther King Jr. Day</b>  <b>Center Closed due to Holiday</b>	21 Stop & Shop AM trips Walking Club Whist 12:00	22 Exercise class 10:00 AM Knitting 10:00 AM Senior Medical ID 1:00 PM	23 Yoga 10:30-11:30 AM Restaurant of the Month Hoops & Needles 6:00 PM	24 Zumba 9:00 Bowling 10:00 Bingo 12:30 – 3:30 PM
27 Exercise class 10:00 AM VNA Blood Pressure 12:30 Dominos 1:00 PM Mah Jongg 1:30 PM	28 Stop & Shop AM trips Walking Club Whist 12:00	29 Exercise class 10:00 AM Movie at the Center 1:00 PM	30 Yoga 10:30-11:30 AM Gerry's Place—Tri County Hoops & Needles 6:00 PM	31 Zumba 9:00 Bingo 12:30 – 3:30 PM



<b>JANUARY TRIPS</b>
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JANUARY 2 THURSDAY	CHICKIE FLYNN	<b>Limited Seating</b> Must Sign up at Center	Leave Center at 11:15 AM
JANUARY 3 FRIDAY	JOHNNY MACARONIES	East Bridgewater	Sign up at Center Van leaves at 11:00 AM
JANUARY 6 MONDAY	COUNTRY BUFFET	Walpole Mall	Must Sign up at Center Leave Center at 11:00 AM
JANUARY 8 WEDNESDAY	ERRAND DAY & WALPOLE MALL COMBINED	Van will take you anywhere in Walpole	CALL CENTER 508-668-3330 to let us know where you need to go.
JANUARY 13 MONDAY	PATRIOT PLACE	Van will drop you off to walk around Patriots Place	Will leave center at 9:15 AM
JANUARY 15 WEDNESDAY	WOBURN MALL	Join us for shopping and dinning at the mall	Will Leave Center at 11:00 AM
JANUARY 16 THURSDAY	WRIGHTS FARM RESTAURANT "BINGO BONANZA"	Wrights Farm in Harrisville RI	\$30 per person Please sign up at Center
JANUARY 23 THURSDAY	RESTAURANT OF MONTH	Jeep Grill on Rte. 1	Will Leave Center at 11:15 AM
JANUARY 30 THURSDAY	GERRY'S PLACE	Restaurant at Tri-County	Will Leave Center at 11:15 AM Please sign up at Center

<b>EVENTS AT THE SENIOR CENTER IN JANUARY</b>
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JANUARY 2 THURSDAY	WALK IN BREAKFAST	Come to the Center and enjoy a home cooked breakfast	8:00 AM - 10:00 AM \$3.00 a meal
JANUARY 9 THURSDAY	VETERANS MEETING	9:30 Coffee and snacks 10:00 AM meeting Starts	Held at the Center
JANUARY 9 THURSDAY	THE SING ALONG SINGERS	Performance at the Center 1:00 PM	Please sing up at center
JANUARY 16 THURSDAY	WALK IN BREAKFAST	Come to the Center and enjoy a home cooked breakfast	8:00 AM - 10:00 AM \$3.00 a meal
JANUARY 22 WEDNESDAY	SENIOR MEDICAL ID – New York Life Insurance	<b>FREE</b> Senior Medical I.D. Card featuring a photo, digital fingerprints	1:00 PM at the Center

# NEW(S)HORIZONS

Walpole  
Council on Aging  
Town Hall  
135 School Street  
Walpole, MA 02081

Telephone: (508) 668-3330  
Fax: (508) 660-7363

Courtney Riley, Director COA  
Conchita Geyer, Outreach Worker  
Jane Wulk, Van Driver  
Carol Fellini, Van Driver  
Jim Hinds, Van Driver

Dolores Efthim  
Chairman COA Board

Meal site  
(508) 668-3423

This Newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.



*Friends of the Walpole  
Elder's, Inc.  
P.O. Box 186  
East Walpole, MA 02032*

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## WALPOLE VNA

The Walpole Area VNA nursing staff conducts clinics for blood pressure checks, other screenings and provides health info at the following times and places.

**4th Monday of the month -  
Walpole Senior Center,  
Town Hall 12:30pm**

*As well as:*

3rd Wednesday of the month -  
Norfolk Senior Center 12:30pm

3rd Wednesday of the month -  
Norwood Senior Center 12:30pm

4th Friday of the month -  
Dover Town Hall 1:00pm

## Bad Weather Reminder:

All trips during the winter months will be at the mercy of the weather.

If the Walpole Schools are closed due to bad weather, the Council on Aging will be closed as well.

Please call the center if you are not sure if a trip is still taking place.  
(508) 668-3330

Thank you for your understanding and cooperation.

