

DECEMBER
JANUARY

NEW(S) HORIZON

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

2016
2017

We are proud to sponsor many events and programs addressing the health and well-being of Walpole seniors. Look inside for dates and times for the following programs:

HEALTH AND SAFETY

FLU CLINIC
FOOT CARE
NUTRITION
NURSE VISITS
MEDICARE PLANNING
SHELTER AT HOME
TRIAD
WALPOLE VNA NURSING

EXERCISE

CHAIR EXERCISE
TAI CHI
WALKING CLUB
WII BOWLING
YOGA
ZUMBA

COMMUNITY OUTREACH

AARP TAX PROGRAM
FARMERS MARKET COUPONS
FUEL ASSISTANCE
HOME HEALTHCARE REFERRALS
HESSCO LUNCH
MEDICAL EQUIPMENT
MEDICAL RIDES
NEWSLETTER
SENIOR TAX WORK OFF
SHINE
THE RIDE
WELL BEING CHECKS
VETERANS MEETINGS

SOCIAL ACTIVITIES

BINGO
BRIDGE
CREATIVE CORNER
KNITTING CLUB
MAH JONGG
POT LUCK MEAL
SENIOR SINGING GROUP
WALK-IN BREAKFAST
WRITING GROUP

TRIPS

DAY OF BEAUTY
STOP & SHOP
WALPOLE ERRAND DAY
REGIONAL DAY EXCURSIONS

WALPOLE COUNCIL ON AGING CENTER
135 SCHOOL STREET, WALPOLE, MA 02081

Hours: Monday, Wednesday, Thursday, Friday, 8:30AM –4:30PM; Tuesday 8:30AM – 8:00PM
Telephone: 508-668-3330, Fax: 508-660-7363, Website: www.walpole-ma.gov

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.

LETTER FROM THE DIRECTOR



Season's Greetings! There is much to celebrate and enjoy this holiday season at the Council on Aging.

Start the season off by helping us "Deck the Hall" for the season. Our daily programming will expand this month with new leisure time programming. Did you know that mental exercises like games are good for your brain? You might enjoy the Enchanted Village at Jordan's Furniture in Avon, traveling to the Land of Sweets with the Norwood Theatre's Nutcracker, or celebrating together at the Annual Holiday Banquet. The Walpole Fire Department is sponsoring a Health and Safety Day and later in the month they will join us in wrapping gifts for "Be a Santa to a Senior".

I'm looking forward to celebrating all this special season offers with you before we welcome in 2017 with a series of "how to" programs we hope will increase your comfort in the digital world. We are also excited to host an engaging eight week program "Minds in Motion" in collaboration and supported in part by the Friends of the Walpole Public Library. The course will engage participants and encouraged discussion and laughter while covering a new topic each week.

I wish you all a very happy and healthy holiday season. May the spirit of the season bring light and love to you all.

DECEMBER 2016 TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION
THURSDAY 12/1	Walpole Walmart	Ride provided to and from Walmart. Registration required.	Times determined by riders
THURSDAY 12/1	Chickie Flynn's	\$2.50 gratuity per person paid at restaurant. Registration is required.	Van leaves COA at 11:00AM
FRIDAY 12/2	Deck the Hall	Join us to spread holiday cheer in our Center.	9:00—11:00 AM COA
MONDAY 12/5	Market Basket	Enjoy some shopping and lunch at the Market Basket in North Attleboro	Van leaves COA at 11:00AM
MONDAY 12/5	How to Play Dominos	Dominos is a popular table game for two to four players, played with a set of tiles.	1:00—2:00PM COA
TUESDAY 12/6	*NEW* How to play Chair Volleyball	Chair Volleyball is an activity that includes Physi- cal Activity, Social Interaction, competition and most of all, lots of laughs!	9:00—10:00AM COA
TUESDAY 12/6	How to play Cribbage	Cribbage is a unique card game for two or more players using cards and a board.	1:00—2:00PM COA
TUESDAY 12/6	Memory Cafe	Fun & welcoming event for individuals with for- getfulness & their families. Van from COA. Senior Moments will perform!	1:00—2:30PM United Church, Walpole
WEDNESDAY 12/7	Coffee with Attorney J. DiPietro	Join us with your legal questions.	11:00 AM—12:00PM COA
WEDNESDAY 12/7	Senior Moments Holiday Performance	Listen to holiday tunes by our own Senior Moments at Serenity Hill, Wrentham	2:30—3:30PM No transportation available

DATE	EVENT	DESCRIPTION	TIME & LOCATION
THURSDAY 12/8	Walk-in Breakfast	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA — \$3.00 per person
THURSDAY 12/8	Health and Safety Day	Sponsored by the Walpole Fire Department	10:30AM—1:00PM COA
WEDNESDAY 12/7	COA Board Meeting	COA Board Meets	1:30PM COA
MONDAY 12/12	The Enchanted Village Jordan's Furniture Avon, MA	A true New England tradition, take a picture with Santa and top it all off with a Jordan's Furniture blueberry muffin!	11:00AM - Van leaves COA at 11:00AM
TUESDAY 12/13	Wheel of Fortune	Laurie Blake from Home Instead hosts.	1:00 –2:00M COA
WEDNESDAY 12/14	COA Holiday Luncheon At Raffael's	Join us for a holiday celebration with great food, music and friendship. Registration required. \$10 per person.	10:30AM—2:30PM Van leaves COA at 10:15
THURSDAY 12/15	Walpole Errand Day	The van will take you on errands anywhere in Walpole. Registration required.	Times TBD based on number of people and destinations
THURSDAY 12/15	*NEW* Scrabble Group Begins	All levels welcome! How many points are in the word "SCRABBLE?"	1:00PM COA
FRIDAY 12/16	Nutcracker Norwood Theatre	Join Clara on her adventure to the Kingdom of Sweets! Lunch included. Registration required.	11:15AM—3:30PM Van leaves COA at 11:15AM \$ 30.00 per person
MONDAY 12/19	Home Instead Wrapping Party	Wrap gifts with Home Instead and the Walpole Fire Department to "Be a Santa to a Senior."	11:00AM - 12:00PM COA
TUESDAY 12/20	Cinema at the Center	Join us for the holiday movie "Scrooged" a modernization of "A Christmas Carol"	1:00- 2:30PM COA
WEDNESDAY 12/21	Day of Beauty at Tri-County in Franklin	Manicures, facials, hair color and cuts. Lunch at Gerry's restaurant if open. Registration required.	8:30 AM - 2:00PM Van leaves COA 8:30AM
WEDNESDAY 12/21	TRIAD	Norfolk County Sheriff's Department's monthly educational session at the COA.	11:00AM COA
WEDNESDAY 12/21	Birthday Party	Join us for the Senior Birthday Party sponsored by Harrington House.	2:00—3:00PM COA
WEDNESDAY 12/21	WHS Musicians Performance	Join us for a holiday musical performance by WHS Musicians.	3:00—4:00PM COA
THURSDAY 12/22	Walk-in Breakfast	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA — \$3.00 per person
THURSDAY 12/22	Legacy Place	Finish that last minute shopping at Legacy Place	Van leaves COA at 10:30
WEDNESDAY 12/28	Restaurant of the Month	Horse N' Carriage Restaurant, Wrentham. Seafood, steak and more in a relaxed casual atmosphere. Registration required.	Van leaves COA at 11:00AM
WEDNESDAY 12/28	Creative Corner Meet the Nurse	Leandra McLean, Public Health Nurse will outline the many programs and service in Walpole.	1:00—2:00PM COA
FRIDAY 12/30	Wii Bowling Tournament	Senior and students, single Elimination— Intergenerational Teams of 1 senior & 1 student.	10:00—11:00AM COA

Take the Survey



WE WANT TO HEAR FROM YOU!

We are asking you to participate in the Walpole Council on Aging Needs Assessment. This is an opportunity for you to share your opinions, express your needs and tell us what you want to see at the Center in the future. During the month of December surveys will be made available by mail or in person at the center. Results will be made available for community view in March 2017. Please see Kerri McManama to obtain and/or drop off your completed survey. Enter a drawing for a Dunkin' Donuts or Stop & Shop gift card. Thank you in advance for your participation!

...to the MANY Walpole Public School students and WHS Boys Hockey Team who assisted in the fall clean up efforts at Diamond Pond and Neponset Senior Housing sites on November 5th. Your time, efforts and energy are appreciated by so many!

...to Country Kitchen Donuts for providing many dozens of donuts to sweeten the students' morning at the fall clean up.

... for the surprise plants in the Center collected and placed by the Girl Scouts. They have brightened the Center!



What's your life's greatest adventure?

Walpole Public Schools are seeking 10-15 senior volunteers who have computer access at home to participate in an interview project. Interested seniors should speak to Kerri McManama or Rich McCarthy.



Holiday Events at the COA

December 2, Deck the Hall, 9-11AM

December 5, Market Basket, 11:00AM

December 6, Senior Moments, United Church Memory Café, 1:00PM

December 7, Senior Moments, Serenity Hill, 2:30PM

December 10, Senior Moments, Walpole Public Library 1:00PM

December 12, Enchanted Village, 11AM

December 14, Holiday Banquet, 10:30-2:30PM

WHS Musicians

Holiday Performance at the COA

December 21st

3-4:00PM



Carol's Corner

What Christmas Means to Me Now That I am a Senior Citizen

Darn! No more wishing and hoping for my favorite gift to be under the tree.

No more going to bed early and listening to my parents tiptoeing around, putting the gifts under the tree.

Now that I am a senior I find that Christmas is exhausting.

All the shopping for my 9 grandchildren so they can return the gifts for what they really want!

I'm exhausted I tell ya!

All the cookies and fudge and things that used to taste so good when someone else made it, now I'm making it.

I'm exhausted I tell ya!

Recipes to look for, who has allergies to nuts, who is lactose intolerant, who likes this , who likes that?

I'm exhausted I tell ya!

Decorations used to be such fun when I was a kid. The ornaments were all lined up in the living room just waiting for us kids to place them on the tree and other places. Oops dropped another one, no problem, Mom will clean up the mess.

Now I'm the one cleaning up after the holiday dinner and the worst part is I don't even have any gifts to look forward to because I told everyone I don't need anything and they believed me and gave me money.

I'm exhausted I tell ya!

To our generous donors:

The Knitting and Crochet Group of the Walpole Council on Aging wishes to thank the people of Walpole who generously donate yarn or money for the purchase of yarn each year. As in the past six years, we will be delivering the completed pieces to the West Roxbury VA Hospital on the first week in December. With your help, we have over 70 pieces to be given to Veterans who will be hospitalized in the coming year.

We thank you sincerely for your continued support. And, come join us at the Center. We meet on the second and fourth Wednesdays of each month from 10:00a – 12:00p.

Thank you from all of us...

Agnes Carey

Dolores Efthim

Jean Golden

Corinne Hebard

Mary Jones

Marilyn Kelly

Lucina Nagle

Naifee MacLachlan

Betty Murphy

Edith Noyes

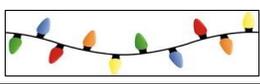
Mary O'Malley

Barbara Shea

Joan Sullivan

Kathleen Sullivan

December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	DECEMBER 1st SIGN UP DAY For DECEMBER 2016 & JANUARY 2017		1 SIGN UP DAY 8:30AM Bird Park Walking 9:30AM WALMART 10:30AM Yoga 12:00PM HESSCO 1:15PM Bridge	2 9:00AM Zumba 10:00AM Wii Bowling 10:00AM <i>Writing Club</i> <i>Bristol Square Café,</i> <i>Holiday Celebration</i> 12:00PM HESSCO lunch 12:30PM Bingo
5 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg	6 AM Stop & Shop 8:30AM Bird Park Walking 12:00PM HESSCO lunch 1:30PM Yoga 4:00PM A Musical Interlude	7 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Pokeno 2:30PM Senior Singing	8 8:00—10:00AM Walk in Breakfast 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch 1:15PM Bridge	9 9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch 12:30PM Bingo
12 8:30AM Senior Stretch Trial Class 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg 	13 Stop & Shop (AM) 8:30AM Bird Park Walking 9:00AM Chair Volley 12:00PM HESSCO lunch 1:00PM Wheel of Fortune 1:00PM Cribbage 1:30PM Yoga 4:00PM Musical Interlude	14 10:00AM Exercise Class 10:00AM Knit & Crochet 12:00PM HESSCO lunch 1:00PM Pokeno 2:30PM Senior Singing 	15 8:30AM Bird Park Walking 9:30AM Errand Day 10:30AM Yoga 12:00PM HESSCO lunch 1:15PM Bridge/SCRABBLE 1:30PM Council on Aging Board Meeting	16 9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch 12:30PM Bingo 
19 10:00AM Exercise Class 11:00AM Home Instead Wrapping Party 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg	20 Stop & Shop (AM) 8:30AM Bird Park Walking 9:00PM Chair Volley 12:00PM HESSCO lunch 1:00PM Cinema at Center 1:00PM Cribbage 1:30PM Yoga 4:00PM Musical Interlude	21 10:00AM Exercise Class 11:00AM TRIAD 12:00PM HESSCO lunch 1:00PM Pokeno 2:00PM Birthday Party 3:00PM WHS Musicians	22 8:00—10:00AM Walk in Breakfast 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch 1:15PM Bridge/SCRABBLE	23 9:00AM Zumba 10:00AM Wii Bowling 12:00PM CENTER CLOSSES 
26 OBSERVE CHRISTMAS DAY CENTER CLOSED 	27 Stop & Shop (AM) 8:30AM Bird Park Walking 9:00AM Chair Volley 12:00PM HESSCO lunch 1:30PM Yoga 4:00PM Musical Interlude	28 10:00AM Exercise Class 10:00AM Knit & Crochet 12:00PM HESSCO lunch 1:00PM Creative Corner 2:30PM Senior Singing	29 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch 1:15PM Bridge/SCRABBLE 	30 9:00AM Zumba 10:00AM Wii Bowling Tournament 12:00PM HESSCO 12:30PM Bingo

Please **sign up for ALL trips and events** you would like to attend.

IN-PERSON and **PHONE** registration begin **THURSDAY, December 1 at 8:30AM** .

*You must speak to a desk volunteer. Leaving a voicemail **does not** register you for programs.*

January 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 OBSERVE NEW YEARS DAY CENTER CLOSED 	3 Stop & Shop (AM) 8:30AM Bird Park Walking 9:00AM Chair Volley 12:00PM HESSCO 1:00PM Cribbage 1:30PM NO Yoga 4:00PM Musical Interlude	4 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Pokeno 2:30PM Senior Singing 	5 8:00-10:00AM Walk in Breakfast 8:30AM Bird Park Walking 10:30AM NO Yoga 12:00PM HESSCO 1:15PM Bridge/ SCRABBLE	6 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Writing Club Walpole Library 12:00PM HESSCO 12:30PM Bingo
9 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg 	10 Stop & Shop (AM) 8:30AM Bird Park Walking 9:00AM Chair Volley 12:00PM HESSCO 1:00PM Cribbage 1:30PM Yoga 4:00PM Musical Interlude	11 10:00AM Exercise Class 10:00AM Knit & Crochet 12:00PM HESSCO lunch 1:00PM Pokeno 2:30PM Senior Singing 	12 8:30AM Bird Park Walking 9:30AM WALMART 10:30AM Yoga 12:00PM HESSCO lunch 1:00PM Wheel of Fortune 1:15PM Bridge/ SCRABBLE	13 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Writing Club Walpole Library 12:00PM HESSCO lunch 12:30PM Bingo
16 MARTIN LUTHER KING DAY CENTER CLOSED 	17 Stop & Shop (AM) 8:30AM Bird Park Walking 9:00AM Chair Volley 12:00PM HESSCO lunch 1:00PM Cribbage 1:30PM Yoga 4:00PM Musical Interlude	18 11:00AM TRIAD 12:00PM HESSCO lunch 12:30PM Potluck 1:00PM Pokeno 10:00AM Exercise 2:00PM Birthday Party 2:30PM Senior Singing	19 8:00-10:00AM Walk in Breakfast 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch 1:15PM Bridge/ SCARBBLE 1:30PM COA Board Mtg	20 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Writing Club Walpole Library 12:00PM HESSCO lunch 12:30PM Bingo 
23 10:00AM NO Exercise 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg 	24 Stop & Shop (AM) 8:30AM Bird Park Walking 9:00AM Chair Volley 12:00PM HESSCO lunch 1:00PM Cribbage 1:30PM Yoga 4:00PM Musical Interlude	25 10:00AM Exercise Class 10:00AM Knit & Crochet 12:00PM HESSCO lunch 1:00PM Creative Corner 2:30PM Senior Singing 	26 8:30AM Bird Park Walking 9:30AM Errand Day 10:30AM Yoga 12:00PM HESSCO lunch 1:00PM Cinema 1:15PM Bridge/ SCRABBLE	27 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Writing Club Walpole Library 12:00PM HESSCO lunch 12:30PM Bingo
30 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg	31 Stop & Shop (AM) 8:30AM Bird Park Walking 9:00AM Chair Volley 12:00PM HESSCO lunch 1:00PM Cribbage 1:30PM Yoga 4:00PM Musical Interlude		ALL PROGRAMS ARE ONE HOUR LONG UNLESS OTHERWISE NOTED.	** HESSCO meals (lunch) are provided daily at the center for a donation of \$3.00. For reservations or cancellations, call 781- 784-4944 at least 24 hours in advance.

AD SPACE

A NOTE FROM YOUR OUTREACH WORKER

This is a very busy time of year so it is important to take care of yourself. Hopefully, you have had your Flu shots and you are ready for the cold winter days.

During the winter months we want to pay special attention to those in need. If you or someone you know needs a well-being check, HESSCO Lunch, Fuel Assistance, or a referral to local care resources, please contact me **508-660-7362** to schedule a meeting.



A special reminder, the **Fuel Assistance Program** with Self-Help provides eligible households with help in paying a portion of winter heating bills from *November 1st to April 30th*. Homeowners and renters including households whose cost of heat is included in the rent can apply. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Contact me for the program guidelines.

I am looking forward to another holiday season and a happy new year with you!

Office Hours: Monday - Thursday, 9:00AM- 3:00PM

Laurel St. Pierre, Outreach Worker



A special **THANK YOU** to our community friends for hosting, scooping & topping sundaes at the **Junior Women's League Senior Ice Cream Social**

Chickie Flynn's Senior Luncheon

We are piloting a new ongoing registration method for Chickie Flynn's \$2.50 Luncheon on the **First Thursday** of the month. Seniors may register the first Friday of the month for the following month's trip. Preference WILL continue to be given to those who did not attend the previous luncheon.

Minds in Motion...Tuesdays, 1:00PM, January 10 – February 28, 2017



Blend in the stimulation of a college workshop with the fun of a backyard barbecue; sprinkle in several cups of strongly-held opinions and a pinch of personal revelation. That's the recipe for Minds in Motion, a lively and interactive program that introduces a new topic in each of its eight one-hour sessions. Whether food, music, morality, design, sleep, modern art, or imaginative writing, you'll find yourself instantly engaged and challenged. The 8 week program begins Tuesday, January 10, 2017. Sessions for this highly anticipated program will occur over 8 consecutive weeks and you should plan to attend all sessions. Registration required. Preference will be given first to Walpole residents.

WELCOME TO THE HOLIDAY SEASON !



This can be one of the most wonderful times of the year, but it can also be one of the most stressful and difficult times of the year, especially if you or a loved one has memory loss. Please know that you are not alone and there is support for you in many ways.

We will be focusing on Alzheimer's, dementia, cognitive impairment and memory loss in December. There will be information on care consultations, the Alzheimer's Association, home services, support groups and, of course, the Walpole Memory Café.

Please join us on **Tuesday, December 6th** for the next **Walpole Memory Café, 1:00 - 2:30PM at the United Church in Walpole** (30 Common Street). We have special guests this month, *THE SENIOR MOMENTS* are joining us to celebrate the holiday season. There will be plenty of snacks and parking (behind Delaney's and on Common Street), as always, we are handicapped accessible! The Walpole Memory Café is a welcoming and cheerful place for friends and family.

If you are unable to join us, but would like resources or have questions, don't hesitate to contact me at 508-660—7321.

Live. Life. Healthy

Wishing you peace,
Leandra McLean RN Walpole Public Health Nurse

Open Enrollment Notice



Don Wightman reminds all seniors that **2017 Open Enrollment for Medicare ends December 7th, 2016.** If you or your spouse is at least 65, worked, and paid Medicare taxes for 10 years, you are eligible for Medicare. Don't delay, sign up today!

Registration Guidelines

Registration for programs & trips is accepted on a first come-first served basis until full with Walpole residents given preference. Out of town residents may inquire & be placed on a waitlist to be notified if space allows. Please pre-register for programs you plan to attend to help us plan appropriately.

Gaming Guidelines

The Walpole COA welcomes all to enjoy our center. The expectation is that newcomers will be welcome & encouraged to join in. Games shall be considered drop-in, we cannot guarantee a game. COA Standards of Behavior are posted in the Center and shall be adhered to during all programming on and offsite.

JANUARY 2017 TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION
THURSDAY 1/5	Walk-in Breakfast	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA — \$3.00 per person
THURSDAY 1/5	Chickie Flynn’s	\$2.50 gratuity per person paid at restaurant. Registration required	Van leaves COA 11:00AM
FRIDAY 1/6	How to Create a Safe Online Identity	Learn how to create a safe email address and how to utilize Google Voice to help with calls.	11:00AM—12:00PM COA
MONDAY 1/9	The Hall at Patriot Place	Enjoy the exciting, innovative and interactive, modern museum experience for all ages.	\$7.00 admission Van leaves COA at 11:00AM
TUESDAYS	Minds in Motion 1/10, 1/17, 1/24, 1/31	Interactive program with engaging new topics each session. Co-sponsored by Friends of the Walpole Public Library. Registration is required.	1:00– 2:00PM COA—Free
WEDNESDAY 1/11	Coffee with Attorney J. DiPietro	Join us to have your legal questions discussed.	11:00 AM—12:00PM COA
THURSDAY 1/12	Managing Paperwork Keep it, Toss it, Shred It	Ever wonder how long to hold onto paperwork? Start the year fresh!	11:00AM COA
THURSDAY 1/12	Wheel of Fortune	Laurie Blake from Home Instead hosts.	1:00 –2:00PM COA
THURSDAY 1/12	Walpole Walmart	Ride provided to and from Walmart. Registration required.	Van leaves COA at 9:30AM
FRIDAY 1/13	New England International Auto Show	Biggest Auto Show in New England. Browse hundreds of the newest vehicles! Registration required.	\$12.00 admission Van leaves COA at 11:00AM
WEDNESDAY 1/18	TRIAD	Norfolk County Sheriff’s Department’s monthly educational session at the COA.	11:00AM COA
WEDNESDAY 1/18	Pot Luck Luncheon	Bring your favorite appetizers or meal to share Stay for birthday cake. Registration is required.	12:30—1:30PM COA
WEDNESDAY 1/18	Birthday Party	Join us for the Senior Birthday Party sponsored by Harrington House.	2:00—3:00PM COA
THURSDAY 1/19	Walk-in Breakfast	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA — \$3.00 per person
THURSDAY 1/19	Cinema at the Center	Join us for Oscar nominated movie “The Big Short”	1:00- 2:30PM COA
FRIDAY 1/20	Smartphone Smarts	A quick start how to session for basic smart phone skills with Tri County Vocational students	11:00AM - 12:00PM COA
WEDNESDAY 1/25	Day of Beauty at Tri-County in Franklin	Manicures, facials, hair color and cuts. Lunch at Gerry’s restaurant if open. Registration required.	8:30 AM - 2:00PM Van leaves COA 8:30AM
WEDNESDAY 1/25	Creative Corner	Alan O’Hare presents “Celebrate Stories for a New Beginning”	1:00 –2:00PM COA
THURSDAY 1/26	Walpole Errand Day	The van will take you on errands anywhere in Walpole. Registration required.	Times TBD based on number of people and destinations
THURSDAY 1/26	Restaurant of the Month	Patriot Tavern, family restaurant, offering "Comfort Food" dining.	12:00 - 1:30PM Van leaves COA at 11:45 AM
THURSDAY 1/26	COA Board Meeting	COA Board Meets at the COA	1:30PM
MONDAY 1/30	Super Bowl with Sunshine	Join the Pre-K students for some Super Bowl themed fun at the Center	11:00AM COA

NEW(S)HORIZON

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

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

Kerri McManama, Director
Laurel St. Pierre, Outreach
Christine Tetreault, Advocate
Jane Wulk, Van Driver
Carol Fellini, Van Driver
Jim Hinds, Van Driver

Dolores Efthim
Chairman COA Board

HESSCO 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
Elders, Inc.
P.O. Box 186
East Walpole, MA 02032

Non-Profit
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WALPOLE HEALTH DEPARTMENT AND COA

The Walpole Nurse will conduct
clinics for blood pressure checks,
screenings and provides health
information on the
Monday morning's at 9:30AM*,
Walpole Senior Center.

*Times subject to change

HELPFUL NUMBERS TO REMEMBER:

NORFOLK COUNTY "ARE YOU OK?"
(866) 900-RUOK (7865)

Receive a call daily to make sure you are up and OK!

HESSCO: (800) 462-5221

POLICE (Non-emergency) 668-1212

FIRE DEPARTMENT (Non-emergency) 668-0260



WINTER WEATHER ADVISORY: All trips during the winter months are subject to weather conditions. If the Walpole Schools are closed due to inclement weather, the Council on Aging will be closed. Please call the center at 508-668-3330 if you are unsure if a trip is still taking place. Thank you for your understanding and cooperation.

