



JULY  
AUGUST

# NEW(S) HORIZON

2016

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

*We are proud to sponsor many events and programs addressing the health and well-being of Walpole seniors. Examples of these are:*

**Nutrition Programs**

**TRIAD**

**HESSCO Lunches**

**Podiatrist**

**Educational Groups**

**Knitting Group**

**Bingo**

**VNA Clinics**

**Yoga**

**Outreach Services**

**Cribbage**

**Financial Programs**

**Writing Group**

**Veterans Group**

**Dominos**

**Whist**

**Bridge**

**Great Trips**

**Chair Exercise**

**Zumba Gold**

**Mah Jongg**

**Day of Beauty (September-June)**

**Transportation for shopping, errands and medical appointments**

**LOOK INSIDE THE NEWSLETTER FOR TIMES & DATES OF THESE PROGRAMS!**

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

**Hours: Monday, Wednesday, Thursday, Friday 8:30 –4:30PM; Tuesday 8:30– 8:00PM**

**Telephone: 508-668-3330, Fax: 508-660-7363, Website: [www.walpole-ma.gov](http://www.walpole-ma.gov)**

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 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.

You are invited to all Board Meetings of the Walpole Council on Aging. Our next meeting is **THURSDAY July, and August AT 1:30 PM**, at the Newell Senior Center attached to Walpole Town Hall.

## A LETTER FROM THE DIRECTOR

I have some exciting news to share with you! It may seem a bit of a surprise, but I have made the difficult decision to resign from my position in Walpole. I was not looking to leave or unhappy here but an offer was presented to me that I professionally could not turn down. I am going to be the COA Director in Medway. My last day in Walpole will be Thursday, June 23rd.

I feel incredibly lucky to have had the opportunity to work for Walpole and have grown professionally because of my time here. I want you to know how much I have valued the support and help from the seniors over these past three years!! Working with you and getting to know you all has been without question the most rewarding part of this job!! I am going to miss you all, and wish you nothing but the best!!!!



This job is truly a team effort and could not be done without the amazing staff here! Carol, Christine, Jane, Jim and Laurel have been so incredible and a pleasure to work with. I also want to thank Town Administrator Jim Johnson and the Board of Selectmen for their support!

During the transition period Patrick Shield (Recreation) will be helping run the daily operations of the Center.

Thank you for making these three years so enjoyable. I truly will treasure the time I worked for Walpole!

***Courtney Riley***

Director

Walpole Council on Aging

### HELPFUL NUMBERS TO REMEMBER:

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

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

**HESSCO: (800) 462-5221**

**POLICE (Non-emergency) 668-1212**

**FIRE DEPARTMENT (Non-emergency) 668-0260**

## ***AGING WELL SUMMER SPEAKER SERIES***

We are excited to offer the Walpole community information and education to help navigate the changing landscape of healthcare, legal and financial issues and active living. Seniors, adult children, caregivers and the public are all welcome to learn about resources that will best support them and their families.

**Self Advocacy: Taking Charge of Your Health Care Decisions - July 19**

**Vision, Hearing and Foot Care - August 16**

Walpole Council of Aging, 135 School Street

6:00PM - 7:30PM

Light refreshments will be served.

## July and August TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION
WEDNESDAY 7/6	<b>Plainridge Casino in Plainville</b>	Try your luck or just enjoy a meal.	Leave COA at 10:00AM Registration required
THURSDAY 7/7 & 7/21	<b>Walk-in Breakfast</b>	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA ~ \$3.00 per person
THURSDAY 7/7	<b>Kayak Trip with LLBean</b>	Cruise down the Charles River with guide Kayak Provided for you	\$25.00 per person Must Sign up
MONDAY 7/11	<b>Newport Playhouse</b>	Enjoy the play “Cheatin” and buffet lunch \$49.00 per person - 17 limit	9:30AM– 4:00PM Van leaves COA at 9:30AM
WEDNESDAY 7/13	<b>Restaurant of the Month</b>	Dolphin in Natick—Limit 17 Regular Menu—pay for own meal	Registration required Van leaves COA at 11:30 AM
TUESDAY 7/19	<b>Roy Scott Big Band featuring Jim Hinds</b>	Lunch and Show Luciano’s Lake Pearl Wrentham, MA	11:30AM—3:30PM \$59.00 per person Registration required
MONDAY 7/25	<b>Senior for Senior Program</b>	Programing that helps pair senior cats with seniors in Walpole	11:00AM—12:00PM At COA
WEDNESDAY 7/27	<b>Spirit of Boston</b>	Quincy Market, North End, Boston Common Tours and Boston Harbor Lunch Cruise Registration required	8:30 AM –5:00PM Silver Fox Coach leaves COA at 8:30AM, \$79.00 per person
WEDNESDAY 7/27	<b>Creative Corner with Ora</b>	Handbell Choir from Blessed Sacrament Parish.	1:00 PM at COA FREE—Please sign up
THURSDAY 8/4 & 8/18	<b>Walk-in Breakfast</b>	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA ~ \$3.00 per person
WEDNESDAY 8/10	<b>South End Walking Tour</b>	<i>Heavy Walking</i> Tour of South End Neighborhood Registration required—10 limit	10:00AM—3:30PM Van will leave COA at 10:00 AM \$59.00 per person
MONDAY 8/15	<b>Day Trip to Martha's Vineyard</b>	Martha’s Vineyard Island Tour includes: Luxury Coach, Island Queen Ferry to Oak Bluffs, Shopping in Edgartown and Dinner at Old Country Buffet,	7:00AM –7:00PM Silver Fox Coach leaves COA at 7:00AM, \$89.00 per person Registration required—43 limit
THURSDAY 8/18	<b>Bee Keeping Presentation</b>	Come and learn the importance of honey bees and taste fresh honey	11:00AM—12:00PM At COA - Registration Required
MONDAY 8/29	<b>Captain Jack’s Lobster Bake &amp; Foxwoods Resort Casino</b>	Travel to Rhode Island’s Narragansett Bay and Captain Jack’s Restaurant for lunch. Continue to Foxwoods Resort Casino Registration required	9:00AM –3:00PM Silver Fox Coach leaves COA at 9:00AM, \$74.00 per person
TUESDAY 8/30	<b>Attorneys Suzanne R. Sayward and Maria C. Baler</b>	Estate Planning overview. What people should be preparing for, the documents they should have in place and why.	4:00 - 6:00PM COA - Free
WEDNESDAY 8/31	<b>Creative Corner with Ora</b>	Come try the newest form of stress therapy. Therapeutic Art	1:00 PM—FREE At COA—Please sign up

# JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Due to the JULY 4th holiday weekend, July sign up will take place on Wednesday, June 29</b></p>		<p>JUNE 29 <b>TODAY IS JULY SIGN-UP DAY</b></p>	<p>JUNE 30 <b>Senior Health Expo 10:00—12:00 At COA</b></p>	<p>1 9:00AM Zumba 10:00AM Wii Bowling 12:00PM HESSCO lunch 12:30PM Bingo</p>
<p>4 <b>FOURTH OF JULY Center Closed</b></p> 	<p>5 Stop &amp; Shop (AM Trips) 8:30AM Bird Park Walking 12:00PM HESSCO lunch 2:30PM Yoga 4:00PM A Musical Interlude</p>	<p>6 10:00AM Exercise Class 10:00AM Plainville Casino 12:00PM HESSCO lunch 12:30 PM Pokeno 2:30PM Senior Singing</p>	<p>7 <b>KAYAK TRIP</b> 8:00- 10:00AM Walk-in Breakfast 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch 1:15PM Bridge 3:30PM Tai Chi for Seniors</p>	<p>8 9:00AM Zumba 10:00AMWii Bowling 12:00PM HESSCO lunch 12:30PM Bingo</p>
<p>11 <b>NEWPORT PLAYHOUSE</b> 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg</p>	<p>12 Stop &amp; Shop (AM Trips) 8:30AM Bird Park Walking 12:00PM HESSCO lunch 1:00-4:00PM Podiatrist 2:30PM Yoga 4:00PM A Musical Interlude</p>	<p>13 10:00AM Exercise Class 11:00AM TRIAD 11:30AM Restaurant of the month — Dolphin's 12:00PM HESSCO lunch 12:30 PM Pokeno 2:30PM Senior Singing</p>	<p>14 <b>WALMART</b> 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch 1:15PM Bridge 3:30PM Tai Chi for Seniors</p>	<p>15 9:00AM Zumba 10:00AMWii Bowling 12:00PM HESSCO lunch 12:30PM Bingo</p>
<p>18 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg</p>	<p>19 Stop &amp; Shop (AM Trips) 8:30AM Bird Park Walking 11:30AM-3:30PM Roy Scott Big Band 12:00PM HESSCO 1:00-4:00PM Podiatrist 2:30PM Yoga 4:00PM A Musical Interlude</p>	<p>20 10:00AM Exercise Class 11:00AM TRIAD 12:00PM HESSCO lunch 12:30 PM Pokeno 2:30PM Senior Singing</p>	<p>21 8:00- 10:00AM Walk-in Breakfast 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch 1:15PM Bridge 3:30PM Tai Chi for Seniors</p>	<p>22 9:00AM Zumba 10:00AMWii Bowling 12:00PM HESSCO lunch 12:30PM Bingo</p>
<p>25 10:00AM Exercise Class 11:00AM Senior Cat Program 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg</p>	<p>26 Stop &amp; Shop (AM Trips) 8:30AM Bird Park Walking 12:00PM HESSCO 2:30PM Yoga 4:00PM A Musical Interlude</p>	<p>27 <b>SPIRIT OF BOSTON</b> 10:00AM Exercise Class 11:00AM TRIAD 12:00PM HESSCO lunch 1:00PM Creative Corner Choir Bells from Blessed Sacrament Church 2:30PM Senior Singing</p>	<p>28 10:30AM Yoga 12:00PM HESSCO lunch 1:15PM Bridge 1:30PM COA Board Meeting 3:30PM Tai Chi for Seniors</p>	<p>29 9:00AM Zumba 10:00AMWii Bowling 12:00PM HESSCO lunch 12:30PM Bingo</p>

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

**IN-PERSON** and **PHONE** registration begins 8:30 AM on

**WEDNESDAY JUNE 29th for BOTH JULY AND AUGUST.**

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

# AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg	<b>2</b> Stop & Shop (AM Trips) 8:30 AM Bird Park Walking 12:00PM HESSCO lunch 2:30PM Yoga 4:00PM A Musical Interlude	<b>3</b> 10:00AM Exercise Class 10:00AM Knitting Club 12:00PM HESSCO lunch 12:30PM Pokeno 2:30PM Senior Singing	<b>4</b> 8:00- 10:00AM Walk-in Breakfast 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch 1:00PM Wheel of Fortune 1:15PM Bridge 3:30PM Tai Chi for Seniors	<b>5</b> 9:00AM Zumba 10:00AMWii Bowling 12:00PM HESSCO lunch 12:30PM Bingo
<b>8</b> 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg	<b>9</b> Stop & Shop (AM Trips) 8:30AM Bird Park Walking 12:00PM HESSCO lunch 2:30PM Yoga 4:00PM A Musical Interlude	<b>10 BOSTON TOUR</b> 10:00AM Exercise Class 10:00AM Knitting Club 12:00PM HESSCO lunch 12:30PM Pokeno 2:30PM Senior Singing	<b>11</b> 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch 1:15PM Bridge 3:30PM Tai Chi for Seniors	<b>12</b> 9:00AM Zumba 10:00AMWii Bowling 12:00PM HESSCO lunch 12:30PM Bingo
<b>15 VINYARD TRIP</b> 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg	<b>16</b> Stop & Shop (AM Trips) 8:30 AM Bird Park Walking 12:00PM HESSCO lunch 2:30PM Yoga 4:00PM A Musical Interlude	<b>17</b> 10:00AM Exercise Class 10:00AM Knitting Club 12:00PM HESSCO lunch 12:30PM Pokeno 2:30PM Senior Singing	<b>18</b> 8:00- 10:00AM Walk-in Breakfast 11:00AM Bee Keeping 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch 1:15PM Bridge 3:30PM Tai Chi for Seniors	<b>19</b> 9:00AM Zumba 10:00AMWii Bowling 12:00PM HESSCO lunch 12:30PM Bingo
<b>22</b> 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg	<b>23</b> Stop & Shop (AM Trips) 8:30 AM Bird Park Walking 12:00PM HESSCO lunch 2:30PM Yoga 4:00PM A Musical Interlude	<b>24</b> 10:00AM Exercise Class 10:00AM Knitting Club 12:00PM HESSCO lunch 12:30PM Pokeno 2:30PM Senior Singing	<b>25</b> 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch 1:15PM Bridge 1:30PM COA Board Meeting 3:30PM Tai Chi for Seniors	<b>26</b> 9:00AM Zumba 10:00AMWii Bowling 12:00PM HESSCO lunch 12:30PM Bingo
<b>29 CAPTAIN JACK'S</b> 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg	<b>30</b> Stop & Shop (AM Trips) 8:30 AM Bird Park Walking 12:00PM HESSCO lunch 2:30PM Yoga 4:00PM Estate Planning Presentation	<b>31</b> 10:00AM Exercise Class 10:00AM Knitting Club 12:00PM HESSCO lunch 1:00PM Creative Corner Color Therapy 2:30PM Senior Singing		<b>ALL PROGRAMS ARE 1 HOUR IN LENGTH UNLESS OTHERWISE NOTED.</b>  <b>** HESSCO meals (lunch) are provided daily at the center for a donation of \$3.00</b>

LET US PLACE YOUR AD HERE.

## Night Before The Fourth



On the Third of July, Walpole celebrates the independence of our Nation by holding its popular parade and fireworks display. A staple in Walpole, our celebration has been going strong for over 50 years, and has grown into quite a spectacle.

**6:00PM Parade:** The Fire Engine Parade

**6:30PM Fair:** Celebration (behind fire station), music, souvenirs and refreshments

**9:00PM Fireworks:** Launched from School St., enjoyed anywhere in the center



**Every Thursday come to the COA to listen to Bob Blakely perform!**

**3:30 PM - 4:30PM (Free) Walk ins Welcome**



### **Tai Chi Class for Seniors—Thursdays (starting July 7) \$5.00 per class**

Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body. It is meditation in motion, and numerous studies have shown Tai Chi improves muscular strength, flexibility, balance, immunity, and reduce stress. Tai Chi will put more years in your life and more life in your years.

Instructor Steve Hannah is certified in both Tai Chi instruction and Push Hands. He has been teaching Tai Chi since 1994. Mr. Hannah is also a 7<sup>th</sup> Degree Black Belt Master Instructor in the martial art of Shaolin Kempo Karate.



### ***Meet Jeanne Giblin Volunteer Receptionist!***

Meet Jeanne Giblin who volunteers Monday mornings.

Jeanne was born in Peabody, MA. She had a happy childhood and enjoyed going to St. John's Grammar School and Peabody High School (where she was a drum majorette). Following high school, Jeanne attended Chandler School for Women in Boston then went to work for an advertising agency in Boston in the Statler Building. She met her future husband Robert, who worked for a different company in the same building in 1953. They were married in 1955. Jeanne and Bob lived in several locations due to his job; they moved to Walpole about 15 years ago. Sadly, Bob passed away suddenly about 6 years ago. Jeanne has a son and a daughter along with five grandchildren. She considers her family life (life with husband, children and grandchildren) her greatest accomplishment. Jeanne loves being involved with her grandchildren's activities.

Jeanne has been a receptionist at the Senior Center for about 2 years. Her favorite activity at the Senior Center is being involved with Meals on Wheels for the past 8 years. Stop by and say hello to Jeanne; she would be happy to meet you!

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Walpole Council on Aging, Walpole, MA 06-5188

# NEW(S)HORIZON

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

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

Courtney Riley, Director COA  
Laurel St. Pierre, Outreach  
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  
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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  
**1st and 3rd Monday of the  
month at 9:30AM\*, Walpole  
Senior Center, Town Hall.**

\*Times subject to change

## Carol's Corner

### THE TRUTH ABOUT AGING

Actress Sophia Loren, 81, once said,  
"There is a fountain of youth: It is your mind, your  
talents, the creativity you bring to your life and the lives  
of people you love. When you learn to tap this source  
you will truly have defeated age."



## SUMMER YOGA CLASS SCHEDULE

JULY		AUGUST	
7/5 No Yoga	7/7 No Yoga	8/2 No Yoga	8/4 No Yoga
7/12 No Yoga	7/14 @ 10:30 a.m.	8/9 No Yoga	8/11 @ 10:30 a.m.
7/19 No Yoga	7/21 @ 10:30 a.m.	8/16 No Yoga	8/18 @ 10:30 a.m.
7/26 No Yoga	7/28 @ 10:30 a.m.	8/23 No Yoga	8/25 @ 10:30 a.m.