



May 2024

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

May Priority Registration for *Walpole Residents* will open Tuesday, April 16th at 9:00AM. Open registration begins Wednesday, April 17th.

THE INSIDE SCOOP

- ◆ 1st Annual Walpole Senior Olympics
- ◆ Welcome VSO Ian Rogers
- ◆ COA News From Kerri
- ◆ Outreach Note—Older Americans Month
- ◆ Regularly Scheduled Programs
- ◆ Month at a Glance
- ◆ Trish's Wellness Tips— Spring is in the Air
- ◆ News from WPD—Crosswalk Safety
- ◆ Upcoming Bus Trips
- ◆ Fitness Programs
- ◆ Fitness Focus—Walk this Way!
- ◆ Special Events
- ◆ Mother's Day Tea
- ◆ New KevTech Classes
- ◆ Coffee & Conversation Topics
- ◆ C&C Extra Scoop—Keep Calm and Carry On

The Center is closed Wednesday, May 9th on account of the Senior Gala, and on Monday, May 27th for Memorial Day

WALPOLE SENIOR OLYMPICS

- ◇ Indoor and outdoor events include a 1 mile trail walk, 2 mile stadium walk, softball throw, 9 hole mini golf course, and corn hole toss
- ◇ Compete against other towns at Gillette Stadium
- ◇ Senior Olympic T-Shirts for all competitors
- ◇ Gold, Silver, and Bronze medals awarded for men and women in three age categories for all events.



NEW VETERANS SERVICES OFFICER



My name is Ian Rogers and I'm the new Director of Veterans' Services in Walpole and Medfield. I am "green," but can assure you that I'll work hard for all Veterans and their families. I served in the US Air Force from 2001, through 9/11, to 2004. My MOS was Crew Chief of the E-3 (AWACS), but I also had MP duties manning various checkpoints, guarding access to the flight line. Additionally, I achieved Security Forces commendation for one particular event (Come to see me to get the story!) Most recently, I was **(Cont. on p.10)**

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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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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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 up-dates 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

Wow, is there a LOT happening here in May! As Deb and Mimi filled in the calendar for this month, they nearly ran out of room. We are so excited about so many of the program happening this month at the Center. We hope to see many of you in your “dress to impress” wear for the Senior Gala on May 9th in honor of Walpole’s 300th! What a fine afternoon it will be with music and dancing and all your Walpole friends. Please note that the Center



will be closed that day so our team can support the 300th Committee at the event. We are also so excited to be joining in on Senior Olympics this year. Thanks to our fiends at the Foxboro COA for inviting us and to Deb and Mimi for all the work pulling together all the details; the events, the schedule, the tee shirts! I think I am most looking forward to the mini golf putting event. This is sure to be an annual event and we are so excited to enjoy the Olympics with you in an Olympic year.

I wanted to remind you all the Virtual Wallet. Have you heard people at the desk say, “take it from my wallet?” Our Virtual Wallet allows you to deposit funds in advance for the Center to hold for future programming you plan to attend. It has been about a year since we our Wallet initiative and members are using the Wallet for about half of our total class fees. Members really love how easy it makes signing in and getting to class quickly. The Wallet can be used for COA programs including Breakfast and Soup du Jour. It cannot be used for Bus Trips or Lunch with Hessco. If you find yourself reaching for cash often, consider trying this great time saver.

Happy Mother’s Day to all the Moms!

~ Kerri

facebook



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 Appointments currently on hold

**NUTRITION CONSULTS WITH HESSCO
 REGISTERED DIETICIAN KELSEY**

Appointments currently on hold
30 min consult, FREE

CHAIR MASSAGE WITH JOANNE

Tuesday, 5/14, 10:00 AM—1:00 PM
\$1/min up to 25 min

REIKI WITH SHIRLEY

Tuesday, 5/28, 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, 5/23, 9:00 AM—1:30 PM
\$40 for 30 min session

LEGAL CONSULTS WITH ATTY JOANNE DIPIETRO

Friday, 5/10, 1:00 PM—2:30 PM
30 min consult, FREE

HEARING CARE CLINIC

Friday, 5/24, 10:00 AM—12:00 PM
20 min appt, FREE

SHINE COUNSELING

By appointment
FREE

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 FARMERS MARKET COUPONS
 FUEL ASSISTANCE
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 HESSCO LUNCH
 LEGAL CONSULTS
 MEDICAL RIDES
 NUTRITION CONSULTS
 SHINE
 TRANSPORTATION
 WELLBEING CHECKS
 VETERANS MEETINGS

**Spring
 into
 Wellness**



**FROM YOUR
 OUTREACH WORKERS**

It's May and we're looking forward to beautiful spring flowers and warm sunshine. May is Older Americans Month and this year's theme is Powered By Connection. Social connections play a vital role in supporting independence by combatting isolation, loneliness, and other issues. Whether it's chatting with an old friend or making a new one, we recognize the profound impact that meaningful relationships and social connections have on our health and well-being. Plan a visit to the COA and make social connections today!

Turning 65 soon? Our SHINE counselor Marv Feldman has offered to host a special evening "Medicare 101" program this month. Great opportunity to learn how to best prepare for Medicare. Give us a call to register.

~ 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, 5/3, 10:00 AM

WALPOLE ERRANDS (CVS, library, post office, etc.) - Friday, 5/24, 10:00 AM

WALMART/KOHL'S/ALDI—Friday, 5/17, 10:00 AM

DOLLAR TREE/OCEAN STATE—Monday, 5/6, 11:00 AM

MEDICAL RIDES

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



REGULARLY SCHEDULED PROGRAMS

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

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

Daily, Center Hours, Free

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

Daily, Center Hours, Free

BOCCE BASICS—**Returning Program**

Learn and play with volunteer Carol Fellini, weather permitting.

Wednesdays, 10:00 AM—12:00 PM, Free

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

Daily, Center Hours, Free

BINGO **No Bingo 5/6**

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

BEGINNER MAH JONGG w/ MARY KAY & KRISTIN

Wednesdays, 1:00 PM—3:00 PM, Free

MEXICAN TRAIN DOMINOES LEARN & PLAY WITH JERRY & LESLIE

Wednesdays, 2:00 PM—4:00 PM, Free

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

Thursdays, 2:00 PM—3:30 PM, Free

SPRING GOLF

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

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

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

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

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

Wednesday, 5/8, Two class times, 9:00 AM- 10:30 AM and 10:30 AM—12:00 PM, \$7

CREATIVE CORNER **No program this month**

Join us for an interactive activity each month.

Thursday, 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, 5/2 and 5/16, 2:00PM—3:30 PM, \$3

BREAKFAST—Located in the Café. An assortment of items available for purchase (breakfast sandwiches, pastries, yogurt parfaits, fruit and 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 **No soup 5/2**

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, 5/17, 10:00 AM—12:00 PM



WATERCOLOR & MIXED MEDIA WITH MARY—

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

Monday, 5/6—Intro class for new students

Monday, 5/13—Experienced students

1:00 PM—3:00 PM, \$2

KNIT & NEEDLE

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

SENIOR MOMENTS CHORUS

All are welcomed. No singing experience required.

Wednesdays, 2:00 PM—3:30 PM, Free

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, 5/28, 3:00 PM, Free

COA BOARD MEETING

Thursday, 5/23, 10:00 AM, Free

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

Wednesday, 5/15 and 5/29

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, 5/1, 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, 5/7, 1:00 PM—2:30 PM, Free

GRIEF SUPPORT GROUP

Group led by social workers Kerri McManama and Jean Thompson.

Tuesday, 5/14 and 5/28, 1:30 PM—3:00 PM, Free

GRANDPARENTS RAISING GRANDCHILDREN GROUP

Group led by Outreach Worker Jillian Nauman.

Wednesday, 5/8, 12:00 PM - 1:30 PM, Free

VETERANS COFFEE HOUR **Dte change**

Thursday, 5/16, 10:00 AM, Free

CAREGIVER SUPPORT GROUP **No meeting this month**

Group led by Sandy Pellegrine, RN.

Thursday, 2:00 PM—3:30 PM, Free



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Walpole Council on Aging, Walpole, MA

06-5188

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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. Thank you for your cooperation!</p> 	<p>1</p> <p>8:30 & 9:30 Steve's Class #6</p> <p>8:30 Day of Beauty</p> <p>9:00 Classic Yoga</p> <p>9:00 Wellness Clinic</p> <p>10:00 Bocce Basics</p> <p>10:00 & 1:00 Card Making</p> <p>11:00 Olympics Opening Ceremony</p> <p>11:00 & 11:45 Chair Ex Video</p> <p>12:00 Olympics Trail Walk</p> <p>12:00 Grab & Go <i>Chicken Salad</i></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>2</p> <p>8:00 Senior Olympics Gillette Events</p> <p>9:00 Meditation</p> <p>9:00 Wellness Clinic</p> <p>9:00 & 10:15 Sit & Be Fit</p> <p>10:00 Knit & Needle</p> <p>11:30 No Soup du Jour</p> <p>12:30 Elder Law Luncheon</p> <p>1:00 Coffee & Conversation</p> <p><i>Importance of Elder Law</i></p> <p>2:00 Beginner Cribbage</p> <p>2:00 Colored Pencils</p>	<p>3</p> <p>9:30 Chair Yoga</p> <p>10:00 Golf</p> <p>10:00 Patriot Place</p> <p>11:00 Zumba</p> <p>1:00 Line Dance Party</p> <p>2:00 Fitness Room Orientation</p> <p>2:00 Navigating Settings on iPhone</p>
<p>6</p> <p>9:00 Zumba Early Start</p> <p>10:00 & 10:45 Chair Ex Video</p> <p>10:00 No Footcare</p> <p>11:00 Dollar Tree /Ocean State</p> <p>1:00 No Bingo</p> <p>1:00 Olympics Putting</p> <p>1:00 Watercolor—Intro Class</p> <p>2:00 Walk this Way #1</p>	<p>7</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 Memory Café</p> <p>1:30 Grief Support</p>	<p>8</p> <p>8:30 & 9:30 No Steve's Class</p> <p>9:00 Classic Yoga</p> <p>9:00 & 10:30 Floral Design</p> <p>9:00 Wellness Clinic</p> <p>10:00 Bocce Basics</p> <p>10:30 Olympics Corn Hole</p> <p>11:00 & 11:45 Chair Ex Video</p> <p>12:00 Grab & Go Turkey</p> <p>12:00 Grandparent Group</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>9</p> <p>WALPOLE 300 SENIOR GALA CENTER CLOSED</p> 	<p>10</p> <p>9:00 Olympics Closing Ceremony</p> <p>9:30 No Chair Yoga</p> <p>10:00 Golf</p> <p>10:30 Plainridge Casino</p> <p>11:00 Zumba</p> <p>1:00 Legal Consults</p> <p>1:30 Mother's Day Tea</p> <p>2:00 Photos on iPhone</p> <div> <p>WALPOLE DAY</p> <p>SATURDAY, MAY 11th</p> </div>
<p>13</p> <p>10:00 & 10:45 Chair Ex Video</p>	<p>14</p> <p>9:00 Breath Work</p> <p>9:00 Tai Chi</p>	<p>15</p> <p>8:30 & 9:30 Steve's Class #1</p> <p>9:00 Classic Yoga</p>	<p>16</p> <p>9:00 Meditation</p> <p>9:00 Wellness Clinic</p>	<p>17</p> <p>9:30 Chair Yoga</p> <p>10:00 Golf</p>

<p>10:00 No Footcare</p> <p>10:00 Zumba</p> <p>1:00 Bingo</p> <p>1:00 Watercolor</p> <p>2:00 Walk this Way #2</p>	<p>9:00 Walking Club</p> <p>9:45 & 11:00 Steve's Men's Fitness</p> <p>10:00 Chair Massage</p> <p>10:00 Grocery Shopping</p> <p>10:00 Knit & Needle</p> <p>10:15 Ballet Barre</p> <p>1:00 Drums Alive</p> <p>1:30 Grief Support</p> <p>2:30 Bollywood Beats</p> <p>6:30 Medicare 101</p>	<p>9:00 Wellness Clinic</p> <p>10:00 Bocce Basics</p> <p>10:00 Fox 25 Tour</p> <p>10:00 Tech Time</p> <p>10:30 Get the Scoop Social</p> <p>11:00 & 11:45 Chair Ex Video</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>9:00 & 10:15 Sit & Be Fit</p> <p>10:00 Knit & Needle</p> <p>10:00 Veterans Meeting</p> <p>11:30 Soup du Jour</p> <p>1:00 Coffee & Conversation</p> <p>Marking Time</p> <p>2:00 Beginner Cribbage</p> <p>2:00 Colored Pencils</p>	<p>10:00 Gift Cart</p> <p>10:00 Walmart</p> <p>11:00 Zumba</p>
<p>JUNE PRIORITY</p> <p>REGISTRATION OPENS</p> <p>10:00 & 10:45 Chair Ex Video</p> <p>10:00 No Footcare</p> <p>10:00 Zumba</p> <p>1:00 Bingo</p> <p>1:00 Heart Saver</p> <p>2:00 Walk this Way #3</p>	<p>JUNE NON-RESIDENT REGISTRATION OPENS</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 Drums Alive</p>	<p>22</p> <p>8:30 & 9:30 Steve's Class #2</p> <p>9:00 Classic Yoga</p> <p>9:00 Wellness Clinic</p> <p>9:30 Providence Tour</p> <p>10:00 Bocce Basics</p> <p>10:30 Castle Island</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>23</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>Living with Wildlife</p> <p>2:00 Beginner Cribbage</p>	<p>24</p> <p>9:30 Chair Yoga</p> <p>10:00 Golf</p> <p>10:00 Hearing Clinic</p> <p>10:00 Walpole Errands</p> <p>11:00 Zumba</p> <p>1:00 Movie Matinee</p>
<p>MEMORIAL DAY</p> <p>CENTER CLOSED</p> 	<p>28</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>10:00 Reiki</p> <p>10:15 Ballet Barre</p> <p>1:00 Drums Alive</p> <p>1:30 Grief Support</p> <p>3:00 Book Club</p>	<p>29</p> <p>8:30 & 9:30 Steve's Class #3</p> <p>9:00 Classic Yoga</p> <p>9:00 Wellness Clinic</p> <p>10:00 Bocce Basics</p> <p>10:00 Tech Time</p> <p>11:00 & 11:45 Chair Ex Video</p> <p>11:30 Big Y Lunch & Learn</p> <p>12:00 Grab & Go Tuna 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>30</p> <p>9:00 Meditation</p> <p>9:00 Wellness Clinic</p> <p>9:00 & 10:15 Sit & Be Fit</p> <p>10:00 Knit & Needle</p> <p>11:30 Soup du Jour</p> <p>1:00 Coffee & Conversation</p> <p>Healthy Feet</p> <p>2:00 Beginner Cribbage</p>	<p>31</p> <p>9:30 No Chair Yoga</p> <p>10:00 Golf</p> <p>11:00 Zumba</p> <p>1:00 Cupcake Decorating</p> <p>1:00 Restorative Yoga</p>



TRISH'S WELLNESS TIPS

Spring is in the air!

With warmer weather heading our way, it's a great time to start getting outside more, whether it's taking a walk, working in the yard or just sitting in the sun, there are many benefits to getting some

fresh air and sunshine!

Seniors who spend time outside may have lower levels of anxiety and depression because the ability to unwind in nature can lift one's spirits and make them feel happier overall. Throughout the winter, many may suffer from mental fatigue and one of the most effective ways to get a natural mental boost and to get your mind back into gear, is to appreciate something beautiful.

Spending time with friends and family or meeting new people outdoors is another way that being outside boosts positivity and encourages social contact. Natural settings are reassuring places where spiritual connections can be found and provide an escape from everyday stresses like loneliness, boredom, and isolation.

However, you don't have to embark on a strenuous hike to reap the benefits of being outdoors; there are many ways to jumpstart some great outdoor habits! Here are some examples:

- Gardening
- Birdwatching
- Farmer's Markets
- Picnics
- Nature Walks
- Fishing
- Outdoor craft fairs
- Swimming
- Outdoor concerts
- Photography
- Golfing
- Sightseeing



Spending just a few minutes a day outdoors can have a significant impact on your life, so what are you waiting for? *Take in the fresh air by going outside today!*

NEWS FROM THE WPD



Chief Kelleher recently attended a COA Board meeting where he addressed safety concerns regarding our members' crossing from the parking lot across the street to our Center. In response, Chief Kelleher wishes to reassure our members that the WPD is actively collaborating with the DPW to enhance safety measures. Plans include repainting the crosswalk and installing additional signage on the south side of the crosswalk along South Street. Furthermore, they are investigating the feasibility of implementing a flashing crosswalk sign to increase awareness in the area. With the improving weather conditions, there is optimism that the street painting will commence soon, followed by the installation of signage. Further updates will be provided as progress unfolds.



FROM YOUR VSO

(cont. from p.1) Veteran Resource Officer of the SEAL Division

at 22Mohawks, a non-profit dedicated to Veteran suicide prevention which enabled me to put myself through William & Mary Law School's VSO certification program. I am originally from Syracuse, NY, but no place has felt more like home than Walpole. I am proud of this community and will strive to make it better for our Veterans everyday. My office hours are posted outside my door. Please stop by to say hello and see if I can help you get the benefits that you are entitled to.

UPCOMING
Bus Trips!
WITH BLOOM TOURS

JUNE 21ST - HAMPTON BEACH SANDY SCULPTURES
Registration is open.
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

AUGUST 13TH - LEGENDS LIVE!
Registration opens June 1st
Enjoy tribute entertainers include Frank Sinatra, Kenny Rogers, and Ella Fitzgerald and a family style luncheon of Chicken Marsala and Baked Cod. \$139

SEPTEMBER 25TH - LOBSTER ROLL CRUISE
Registration opens July 1st
Tour includes a 90 minute cruise on "The Lobster Roll" into Cape Cod Bay, lunch, and shopping in Hyannis. \$120

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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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. **Monday, May 6th class will start at 9:00 instead of 10:00.**

\$2 per class

CHAIR EXERCISE VIDEO

Mondays at 10:00 AM and 10:45 AM & Wednesdays at 11:00 AM and 11:45 AM

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

Free

WALK THIS WAY! **NEW PROGRAM!**

Mondays, 5/6, 5/13, 5/20, 6/3, 2:00 PM—3:00 PM

A new 4-part class series with Robin Lamperti that will build on the foundation of lessons learned from "Feet First!"

\$35 for 4 week session

TAI CHI WITH MYNOR

Tuesdays at 9:00 AM

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

\$7 per class

BREATH WORK WITH HANNAH

Tuesdays from 9:00 AM—9:30 AM

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

\$3 per class

MEN'S EXERCISE WITH STEVE

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

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

\$5 per class

BALLET BARRE WITH LORELLA

Tuesdays at 10:15 AM

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

\$5 per class

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 5/7**

\$5 per class

BOLLYWOOD BEATS FOR WELLNESS **NEW!**

Tuesday, 5/14 at 2:30 PM (second Tuesday)

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

Free

EXERCISE WITH STEVE

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

5/15—6/26 "Rotational Movements for Fascial Health and Pain Relief." Six-week program designed to increase fascial health using rotational movements. Some students are reporting pain relief in different parts of the body using rotational movements. Healthy fascia promotes better movement, balance, 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 **No class 5/10 and 5/31**

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, 5/31, 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 Mimi and she'll connect you with Phillis. Happy Walking!

FITNESS ROOM

Annual Membership:

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

Hours:

Mon & Wed: 8:30 AM — 2:30 PM

Tues, Thurs, Fri: 8:30 AM — 11:30 AM

Orientation: available via video.

In-person orientations scheduled periodically.

Next in person orientation, Friday, 5/3 at 2:00 PM with Steve.

Personal Training:

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

FITNESS FOCUS—WALK THIS WAY!

Despite what you've heard, you don't have to take 10,000 steps a day as long as you're taking the right ones. Because how you put one foot in front of the other matters more. Footwear, injuries, and posture can create pain and limitations in mobility and stability. And even if you exercise 1 hour a day what do you do the other 23?

Building on the foundation of lessons from 'Feet First', 'Walk This Way' takes us up the chain to learn how the feet, ankles, knees, and hips all work together to produce an optimal pain-free stride.

What to Expect:

Participants shall have completed the Feet First! course before taking Walk This Way! 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. To get the most out of this course, attendance for all 4 classes is recommended.



SPECIAL PROGRAMS, EVENTS & TRIPS

Registration Required

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

***SENIOR OLYMPICS**

- Wednesday, 5/1, 11:00 AM—Opening Ceremony
- Wednesday, 5/1, 12:00 PM—1 Mile Trail Walk
- Thursday, 5/2, 9:00 AM—2 Mile Stadium Walk
- Thursday, 5/2, 10:00 AM—Softball Throw
- Monday, 5/6, 1:00 PM—Putting Event
- Wednesday, 5/8, 10:30 AM—Cornhole Toss
- Friday, 5/10, 9:00 AM—Closing Ceremony

5/1—5/10, \$6 Participation Fee

ELDER LAW LUNCHEON

Luncheon sponsored by Attorney Joanne DiPietro for National Elder Law Month. Held in conjunction with Coffee & Conversation. Lunch at 12:30, presentation at 1:00. Space is limited.

Thursday, 5/2, 12:30 PM

LINE DANCE PARTY WITH LESTYN

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

Friday, 5/3, 1:00 PM—3:00 PM, \$5

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 security, and ease of use.

Friday, 5/3, 2:00 PM—3:00 PM, \$10

***THE WALPOLE FOOTLIGHTERS**

Into the Breeches!



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. Walpole COA members can order tickets for opening night (Friday, 5/3) using the discount code **BreechesSpring** to purchase \$17 tickets (regular price \$22).

www.footlighters.com Box Office: 508-668-8446

5/3—5/19

PLAINRIDGE CASINO

Friday, 5/10, 10:30 AM—2:30 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. **Ticket sales have closed.**

Thursday, 5/9, 11:00 AM—4:00 PM

MOTHER'S DAY TEA

Intergenerational program collaboration with the South Walpole Pre-school. Celebrate Mother's Day with tea/juice, cookies and fun games. Grandchildren are welcomed.



Friday, 5/10, 1:30 PM—3:00 PM, Free

TAKING AND ORGANIZING PHOTOS ON IPHONE

In this class, Kevin Figueroa from KevTech Services will dive into the Camera app on the iPhone/iPad, exploring different features of the camera and adjustments that can be made for taking pictures in different settings. We also go into Photos and discuss organizing photos into Favorites and Albums.

Friday, 5/10, 2:00 PM—3:00 PM, \$10

MEDICARE 101

Turning 65 soon? You won't want to miss this presentation led by Marv Feldman, COA SHINE Counselor.

Tuesday, 5/14, 6:30 PM—7:30 PM, Free

FOX 25 TOUR

COA Van Trip to tour the Fox 25 Boston studio. Limited to Walpole Residents only.

Wednesday, 5/15, 10:00 AM—12:00 PM, Free

"GET THE SCOOP" SOCIAL FOR NEW MEMBERS

Have you joined the South Street Center within the past six months? We invite you to attend this social to "Get the Scoop" on the Center. Refreshments served.

Wednesday, 5/15, 10:30 AM—11:30 AM, Free

HEART SAVER CLASS

Learn the skills needed to recognize cardiac arrest, get emergency care on the way quickly, and help a person until EMS arrives. Non-certificate class taught by Public Health Nurse Trish Fisher.

Monday, 5/20, 1:00 PM—3:00 PM, Free



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

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



THURSDAY, MAY 2ND— THE IMPORTANCE OF THE SPECIALTY OF ELDER LAW

May is National Elder Law Month. Attorney Joanne DiPietro has graciously offered to sponsor a lunch and presentation in recognition of the importance of the specialty of Elder Law and special needs planning. In her presentation, Attorney DiPietro will review: What is Elder Law - Essential Documents - Probate Process and avoiding probate - Gift Taxes - Medicaid and Medicare *Lunch at 12:30 - presentation at 1:00

THURSDAY, MAY 16TH — MARKING TIME: HOW A ROMAN GENERAL, A RENAISSANCE POPE, AND A BRITISH KING SHAPED OUR CONCEPT OF TIME

The modern calendar shapes our lives. We mark holidays, birthdays, and special events in our calendars, and our economic, social, and political structures are all tied to the shape of the year. But how did our calendar come to be? The story behind the creation of the modern calendar is a tale of science, ego, religion, and power. Presented by historian Paolo DeGregorio, the Artifactual Scholar.

THURSDAY, MAY 23RD — LIVING WITH WILDLIFE

Presented by Lara Kazo from Mass Audubon, this program delves into the harmonious coexistence of humans and the wildlife that inhabit our communities and natural landscapes. It underscores the idea that it is entirely possible to share space with native species while ensuring everyone's safety. Participants will gain insights into how to peacefully coexist with these animals right in their own towns.

THURSDAY, MAY 30TH — UNLOCK THE SECRETS OF HAPPY AND HEALTHY FEET

Are you ready to put your best foot forward in the golden years? This workshop by Dr. Samuel Gorelik sponsored by Volunteering for Seniors is tailor-made for seniors looking to prioritize foot health and overall well-being. Dr. Gorelik will discuss common foot issues affecting seniors and discover practical solutions. Learn essential foot care routines to maintain optimal health and prevent potential problems.

*PROVIDENCE LITTLE ITALY

Bloom Tours bus trip. Tour includes visit to Scialo's Bakery, lunch at Cassarino's, and guided bus tour.

Wednesday, 5/22, 9:30 AM—4:00 PM, \$120

CASTLE ISLAND TRIP

COA van trip. Lunch at Sullivan's. Limited to Walpole residents only.

Wednesday, 5/22, 10:30 AM—3:00 PM, \$3 for Van

MOVIE MATINEE

Feature will be "Nyad;" the remarkable true story of Diana Nyad who, at the age of 60 commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida. Movie and popcorn free; candy and soda available for \$1.

Friday, 5/24, 1:00 PM—3:00 PM, Free

BIG Y LUNCH & LEARN

"Is This Good For That?- Off Label Uses of Medications" will speak to how medications are found to

work for maladies they were not originally studied for, and about the most common medications (Rx and OTC) that are used off label.

Wednesday, 5/29, 11:30 AM—12:30 PM, Free

SPRING CUPCAKE DECORATING CLASS

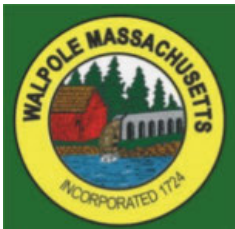
Decorate four spring-themed, gourmet cupcakes, then bring them home to enjoy. Taught by Silpa from *Melt in Your Mouth* bakery. All skill levels welcomed.

Friday, 5/31, 1:00 PM—3:00 PM, \$15



C&C EXTRA SCOOP - Keep Calm and Carry On!

Jim and Mary Pat have captivated audiences with tales of their England adventures at three recent C&C programs, and their journey is far from over! Among their cherished experiences, none quite rivals the magic of watching the Christmas Carols Show at the Royal Albert Hall from the esteemed Royals' Box. As they continue their exploration, do you have any suggestions for their next endeavor?



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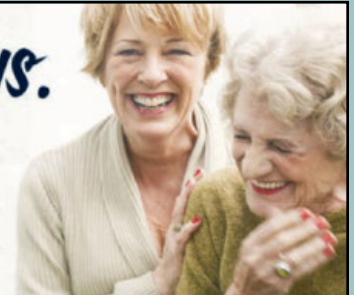
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