



News for the 50+ November 2016

978-894-2780

See what's happening in and around the
Templeton Council on Aging, Senior Community Center & Food Pantry
16 Senior Drive (off Bridge Street), Baldwinville, MA 01436

Upcoming Events

Please call for reservations as early as possible

Festival of Trees

Thursday Nov. 10th at 1pm in Gardner. See page 6 for more information.



CASINO CALL

We're heading to the Plainridge Casino Nov. 18th. Limited to the first 14 people - see page 6 for more

Current Events Group

Join us Nov. 8th at 10am to discuss current events both local and around the world. Come enjoy good conversation and company.

Coaster Making

Nov. 15th at 11am Quabbin Valley Health Care will be visiting and crafting coasters. More on pg. 6

Christmas Tree Shop

Traveling on Nov. 16th for a shopping extravaganza. More details on page 6.



Brownie Games

Brownie Troop #64552 will be here Nov. 17th at 3:15 to play games and socialize. See more on page 6.

Jewelry Gift Making Class

Nov. 17th at 10am join instructor Leslie as she leads us in creating beautiful gifts for the holidays. Find out more on page 7.

Beauty and The Beast

Join us SAT. Nov. 19th to see the enchanting tale of a young girl who falls in love with and melts the heart of a beast. More details on page 6. Spots are limited and payment is due by November 10th.



For Veterans Only

Please see Page 7 for updates.



Message from our Director.....

Hello All,

WOW!!! What a great time was had by all at the Police-A-Palooza... The dance floor was full most of the night. Patrolman Nick Malnati with the Templeton Police Department came to us with an idea, and it grew from there. Sgt. Steve Flis was the DJ for the evening, Det. Eric Smith, Patrolpersons Charlene Vancott, Matt Praplaski, and Court Officer Ed Holden were all in attendance. There was much laughter and music that spanned across many generations.

We cannot forget to thank Tom and Luanne Royer of Kamaloht for providing a wonderful meal. We had a wonderful pasta and meatball dinner, with salad, rolls and dessert. A fine evening indeed, and guess what, we are doing it again next year, so don't put those dancing shoes too deep into the closet!!! See you there.

Gianna



Daylight Saving Time Ends

It's time to "fall back" into standard time. Daylight Saving Time ends at 2am Sunday, Nov. 6, which means you'll want to turn your clocks back before you go to bed Saturday night, Nov. 5.

Remember to change the batteries in your smoke and carbon monoxide alarms as well. If you have any questions or need help, please call us! 978-894-2780.

The Templeton Assessors Office is now accepting applications for the FY 2017 Real Estate Tax Exemptions. Stop by the office at Town Hall, 160 Patriots Rd. East Templeton, to fill out an application. Please file early and remember to bring all supporting documentation.

Templeton / Phillipston Food Pantry

The food pantry will be open in November
Tuesday & Thursday 9:00 am to 1:00 pm

16 Senior Dr Rear
Baldwinville Ma 01436

Food Pantry 978-894-2782—Sue Lajoie 978-894-2781
elderly-familyservices@templeton1.org

I want to thank everyone who keeps the Food Pantry going with their generous donations. As you all know Thanksgiving is right around the corner and there are many families in our community that are wondering what they will have to eat on Thanksgiving. The Food Pantry is looking to put together food baskets for these families. We will not be able to do it without the generous donations of individuals and businesses in the community. We would like to receive donations by Thursday November 17th so we can put the baskets together and contact the families. Our goal is to receive Turkeys and the fixings to make 70 to 80 Thanksgiving Baskets. We do not need cranberry sauce because we have enough but we would appreciate all other traditional Thanksgiving Items. Thank you for your support and have a wonderful Thanksgiving.

We appreciate your donations.

- | | |
|---|--------------------------|
| Price Chopper | |
| Ahisma Animal Shelter | |
| First Church | |
| The Lords Church | |
| Holy Cross Church | |
| St. Martin's Church | |
| New Hope Bible Chapel | |
| Memorial Congregational Church | |
| Templeton, E. Templeton & Baldwinville Post Offices | |
| TOPS Supermarket | The Wilburs |
| The Kitchen Garden | The Haleys |
| Pat Gale | Karen & AJ |
| Thera Phelps | Bob & Marie |
| Luanne Bankoski | Ed & Kathy King |
| Dan McKellick | Phillip & Lucille Harris |
| Gerald Brown | Brad & Glenna Lehtonen |
| | Linda & David Debois |

Thank You!

COMING EVENTS

- Gingerbread House Decorating
- Holiday Concert
- Twilight Lounge
- Golden Corral

Elderly & Family Services

Sue Lajoie, Elderly & Family Services 978.894.2781
elderly-familyservices@templeton1.org

Would you be ready in the case of an emergency or disaster? Massachusetts Emergency Management Agency (MEMA) encourages all individuals and families to have an emergency kit in their home. Emergency kits should provide the essentials your family would need for up to three days if you lost power during a disaster. Each kit should be designed for your family's specific needs. The following are some items that should be included in your kit.

- Water
- Food such as peanut butter, protein bars, juice & crackers
- Tools & Supplies such as batteries, lantern & manual can opener
- Personal Items such as a two week supply of medication, eyeglasses, dentures & personal hygiene items.
- Pets & Supplies such as collar, leash, crate, food & medication
- Important Documents such as insurance policies, bank account records, medical info & contact numbers
- Money

For more information about making a disaster preparedness kit you can go to MEMA's website at www.mass.gov/mema or ask for a booklet at the Senior Center.

Sue

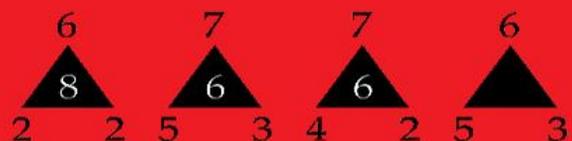
Wish Lists

Food Bank: turkeys, french fried onions, cream of mushroom soup, juice, pie fillings, evaporated milk, pie crusts, potatoes, vegetables, stuffing

Senior Center: napkins, paper plates,

Boost Your Brainpower

What number goes in the last triangle?
answer on page 6



News from SHINE

Serving the Health Insurance Needs of Everyone

For assistance regarding health insurance questions & information, contact our Templeton COA SHINE Counselor or call SHINE directly at 1.800.243.4636, press option 3. www.shinema.org.

TSCC has informational pamphlets by the coffee bar

The Central Mass Region has recently launched its website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan, It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings. **REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.**

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

NOTE: SHINE appointments are normally scheduled at the Templeton Senior Community Center on the 2nd & 4th Thursdays of each month between 9am. and noon.

Please call 978-894-2780 to schedule an appointment

TEMPLETON COMMUNITY TV 8

Check out Templeton Community Television, Channel 8, to view past programs at the Senior Community Center. Most of our programs are recorded by Steve Castle for TV 8.

Friends of the Templeton Elders

Gail Noel, President

Hi Friends

Now we are into the "thankful month", but we are thankful every day for Friends that help us by donating money, products and especially your time when we have special fundraising events..

This month, we will be selling your donated hats and mittens at the Narragansett Fair November 12th. So we need two people to help set up from 8-12 and another two people from 12-4 to close up. Call or write me please.

December 17th we will have our "Sugar Rush" and will be looking for your sweet treats and holiday favorites to sell as last minutes gifts or for those hard to buy for folks. This is only from 10-2pm and we could use 2-3 people to help.

Again, thanks for all you do to share your blessings with us and each other.

Gail Noel

REMINDER

UNDER NO CIRCUMSTANCE ARE RIDERS TO UNBUCKLE THEIR SEATBELTS UNTIL THE VAN HAS MADE A COMPLETE STOP AND THE DRIVER STATES IT IS SAFE TO DO SO

SAVE THE TREES and OUR BUDGET

Did you know you can receive an electronic copy of our newsletter each month? Just update your email address with any of the TSCC staff.

Each month it costs around \$500 just to print our newsletter. Help us reduce waste and save our budget for more activities and building improvements.

Update your email address to get 2 entries into winning a raffle basket. If you already receive the newsletter electronically you will automatically get 1 entry.

Is Your Home True Pro Clean?

- Carpets & Area Rugs
- Tile & Grout
- Upholstered Furniture

Free Estimates - Call Today!
978.987.3911

www.trueprocleaners.com



Phillipston, Mass.



November 2016

HELP US HELP YOU!

Registration is necessary for ALL ACTIVITIES remember to CALL in advance to participate. This will help us to continue to plan great social events and activities.

Let our Newsletter do the advertising for you.

More than 1,600 newsletters are mailed monthly and more than 300 newsletters are sent electronically. You are sure to grab attention for your business.

Call Dianna at 978-894-2780 for the advertising size that suits your business.

CONGREGATE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Three C Soup	2 Beef Stew	3 Corn Chowder	4 Baked Cheese Lasagna
	9-1 Food Pantry 10:00 Crafter's Corner 10:00 Computer Training 10:30 Winchendon Lunch 1:30 COA Board Meeting **Pool Table closed from 10-12	12:30 BINGO	9-1 Food Pantry 10:00 Creative Stitchers 10:30 Winchendon Lunch 1:00 Cribbage 5:30 Diners Club - Singapore **Pool Table closed from 10-12	10:00 Friends Social Hour 12:00 BirthDay Celebration 1:00 Line Dancing
7 Beef & Lentil Chili	8 Minestrone Soup	9 Chicken & Rice Casserole	10 Rainbow Trout	11 NO MEALS
1:00 Pitch 1:00 Golden Agers 4:00 Church Supper **Pool Table closed from 1-3	9-1 Food Pantry 10:00 Current Events Group 10:30 Winchendon Lunch 1:00 Crafter's Corner **Pool Table closed from 1-3	10:00 Market Basket 12:30 BINGO	9-1 Food Pantry 9-12 SHINE Appts. 10:00 Creative Stitchers 10:30 Winchendon Lunch 1:00 Cribbage Festival of Trees 1:00 **Pool Table closed from	C L O S E D 
				12 Gansett Fair

14 Portuguese Kale Soup 1:00 Pitch 6:00 Book Club	15 Chicken & White Bean Chili 9-1 Food Pantry 10:30 Winchendon Lunch 11:00 Coasters with QVHC 1:00 Crafter's Corner **Pool Table closed from 1-3	16 Roast Turkey 9:30 Christmas Tree Shop 12:30 BINGO 6:30 Friends BOD Meeting	17 Grilled Chicken Breast 9-1 Food Pantry 10:00 Creative Stitchers 10:30 Winchendon Lunch 10-12 Jewelry Making 1:00 Cribbage 3:15 Brownie Games **Pool Table closed from 10-12 and 3-4	18 Broccoli Bake 9:30 Casino Noon RODEO 1:00 Line Dancing 19 Beauty and The Beast - 2:30 \$14 @ The Center At Eagle Hill in 1pm Pick Up	25 Chicken Meatballs C L O S E D
21 Breaded Pollock 1:00 Pitch 1:00 Golden Agers **Pool Table closed from 1-3	22 Cheesy Cauliflower Soup 9-1 Food Pantry 9-4 Reflexology 10:30 Winchendon Lunch 1:00 Crafter's Corner 1:00 Movie - Young At Heart **Pool Table closed from 1-3	23 Grilled Chicken Breast 12:30 BINGO	24 C L O S E D  Thanksgiving Day	25 Chicken Meatballs C L O S E D	25 Chicken Meatballs C L O S E D
28 Mulligatawny Soup 1:00 Pitch	29 Grilled Chicken Breast 9-1 Food Pantry 1:00 Crafter's Corner **Pool Table closed from 1-3	30 Autumn Harvest Soup 12:30 BINGO	19 Beauty and The Beast - 2:30 \$14 @ The Center At Eagle Hill in 1pm Pick Up	25 Chicken Meatballs C L O S E D	See page 6 for info on the Lions Club Turkey Dinner 

Please call 978-894-2780 to reserve a spot for ALL activities

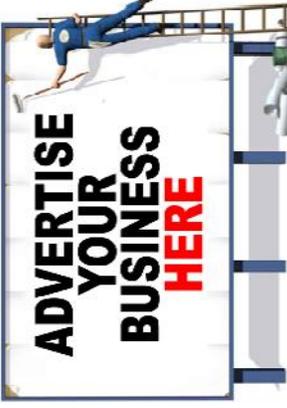


Heywood Wakefield COMMONS
An Assisted Living Residence

A New Place to Call Home
in a Community that Cares

To schedule a tour or for more information,
please call Lorna Stone at 978-632-8292.

www.hwcommons.com
50 Pine Street ■ Gardner, MA ■ 978-632-8292



ADVERTISE YOUR BUSINESS HERE



Quabbin Valley Healthcare

821 Daniel Shays Highway, Athol, MA 01331
p: (978) 249-3717 f: (978) 249-3902
www.qvhc.com



Northern Worcester County's Best Choice for:
Short-term rehab, Sub-Acute Care,
Alzheimer's Center, and Long Term Care.
Call today for more information!

Templeton COA Vans

COA Van Dispatcher: Don LeBlanc
coadispatch@templeton1.org

Call 978.894.2787



Local Shopping Trips

Call by 12:30 p.m. at least a day prior to your trip to make your reservation. Shared rides.

Monday-Friday: 8:30 a.m. to 2:30 p.m.

Medical Trips

Local — Monday-Friday: 8:30 a.m. to 2:30 p.m.

Out of Town — Monday-Friday
by Appointment.

Out of town medical appointments are taken on a first come, first served basis. Please book as early as possible.

Baldwinville Skilled Nursing and Rehabilitation Center



Offering Short-Term Rehabilitation
Stroke/ Cardiac Rehabilitation,
Pulmonary Rehab and Long-Term Care.

To schedule a tour, call (978) 939-2196 today.



Baldwinville
Skilled Nursing and
Rehabilitation Center

51 Hospital Road, Baldwinville, MA 01436

www.baldwinvillenursinghome.org

Boost Your Brainpower Answer



The top number minus the bottom left-hand number is multiplied by the bottom right-hand number to give the number inside the triangle.

Featured Events in October

Reservations required for ALL activities.

Please call 978-894-2780

Festival of Trees: This beloved event in Gardner is a local tradition. Come stroll the beautifully decorated trees and get in the holiday spirit. We're visiting Thurs. Nov. 10th with a 1pm pick up. Space is limited so call and reserve yours early.

Casino: We will be hitting the slot machines at the Plainridge Casino on Fri. Nov. 18th with a 9:30am pick up. Space is limited so be sure to call reserve your seat.

Coasters: Our friends at Quabbin Valley Health Care want to visit and make fun coasters with us on Tues. Nov. 15th at 11am. See Alisha to see what they will look like.

Brownie Games: Come visit with the girls of Brownie Troop # 64552 and play some board or card games on Thurs. Nov. 17th from 3:15 -4pm. All games and refreshments will be provided, so stop by for a game or two.

Christmas Tree Shop: Spend the day shopping and dining at the Shrewsbury location. Pick ups will start at 9:30am.

Beauty and The Beast: Join us as we head over to The Center At Eagle Hill in Hardwick, MA on SATURDAY Nov. 19th. The play will start at 2:30pm and pick ups will start at 1pm. The cost per ticket is \$14. Alisha will be pre-purchasing tickets so everyone can sit together. Reservation and money due to Alisha by Nov. 10th so everything can be ready to go in advance.

Turkey Dinner: The Templeton Lions Club are hosting their annual Turkey Dinner tentatively on November 17th. To reserve your plate please call 978-894-2780. Space is limited so call to reserve early. Please look out for further notifications and information at the TSCC.

KEEP THOSE SUGGESTIONS COMING

I'm getting them and planning as many as I can for 2017... we're going to have a great year!



COA VAN / Regularly Scheduled Trips

Community Supper

Memorial Congregational Church, Baldwinville

A free dinner and a fun evening out with friends, will be held Mon Nov. 7th. Pick-up begins at 4 p.m., serving continuously from 5-6 p.m. Call to reserve your seat on the COA van by 12:30 p.m. at least a day in advance. Donations welcome.

Winchendon Lunch — \$3 a person. Pick up begins at 10:30 a.m. to travel to the Winchendon Senior Center for lunch on Tuesdays and Thursdays. Call by 12:30 p.m. at least 1 day in advance.

Arts & Crafts at the Senior Center

Crafter's Corner – Tuesday, November 1st at 10am and November 8th, 15th, 22nd and 29th, at 1pm. Come color, knit, paint, sketch, or just enjoy some good company! All are welcome!

Jewelry Making – Leslie will be here Thurs. Nov. 17th at 10am to help us create some beautiful holiday gifts. Join us and create a special handmade gift for someone special, or spoil yourself.

Creative Stitchers – Thursdays, 10am. Join us for some counted cross-stitch, crocheting, knitting, needlepoint, sewing, etc. All levels welcome. Come with your questions for our veteran stitchers, and they'll try to help. Lots of fun; good fellowship.

Cards & Games at the Senior Center

Pitch — Mondays at 1 p.m. Beginners welcome.
Golden Agers Bingo — Wednesdays from 12:30-3:30 p.m. \$5 a year to join the Golden Agers. Bingo cards start at 50 cents.
Cribbage — Thursdays at 1 p.m. All are welcome.
BILLIARDS — Times now posted on the Game Room Door
Wii — Any time!



Pitch Winners

9/12/16: Tie for 1st - Mary Capman, Vic Dembek, 3rd - Pat Arsenault
9/19/16: 1st - Don Dame, 2nd - Ray Voutilla, Tie for 3rd - Maury Lizzotte, Shirly Laroque
10/3/16: 1st - Shirley Lavigne, 2nd - Mary Capman, 3rd - Thelma Dalessio



On Going Activities

MUST call 978.894.2780 to inquire or attend any Activities or Trips

Social & Support

Diners Club – 1st Thursday of every month at 5:30 p.m. Join this group for dinner Thursday, November 3rd, at the Singapore Restaurant, Twin City Mall, Fitchburg. Call us reserve your seat.

Line Dancing Class – The 1st & 3rd Friday of each month at 1pm.

November Birthdays – November 4th, at noon we'll celebrate our friends birthdays. Thank you to Baldwinville Skilled Nursing and Rehab for donating the cake!



Book Club – Monday, November 14th, at 6 p.m. Newcomers welcome. Coffee and munchies. Casual, fun, no pressure! November book is "**When I'm Gone**" by: **Emily Bleeker**. Come join us!

Computer Skills – Come to our library to use our computer anytime. Larry, will be here Tues. Nov. 1st at 10am to answer an questions you may have regarding your computer system.

RODEO Club PLUS – Please call to join our Retired Old Dames for lunch Friday, Nov. 18th at Noon: Oli's Eatery in West Boylston

Templeton Golden Agers – Usually the 1st & 3rd Mondays of the month, at 1 p.m. New members welcomed; \$5 annual dues.

Nails/Reflexology - Come see Veronica to remove the summer sizzle and warm up your nails with beautiful cool fall colors. Also offering pressure point reflexology. For more info please see the pamphlet in the TSCC main hallway.

Veterans Lunch / Evening Group – All veterans are encouraged to attend the Veterans Lunch the last Thursday of the month, at the Senior Community Center, hosted by the Friends of the Templeton Veterans. They also are invited to the Veterans Oversight Committee meeting the third Tuesday of the month, **November 15th**, at 6:30 p.m. at the American Legion, in Baldwinville. Please call John Caplis to attend at 978-894-6971. For transportation to the Veterans Lunch please call the COA Van at 978-894-2780.

***November's lunch will be held Dec. 1st @ 11:30am due to the Thanksgiving Holiday**



Parker House of Pizza

17 Pleasant Street, Gardner
 978-632-9383

Reno's Pizzeria

132A Patriots Road, E. Templeton
 978-632-3200

Seniors 65+, bring this newsletter to Reno's to receive a 10% Senior Discount!

Veterans Service Officer

veteransservices@templeton1.org
 978.894.6971
 Templeton Town Hall
 Monday/Thursday/Friday
 9 a.m.-1 p.m.

Friends of the Templeton Elders
PO Box 85
East Templeton, MA
01438

Non Profit Org.
U.S. Postage Paid
Permit No. 10
Templeton, MA
01468

RETURN SERVICE REQUESTED

Susannah Whipps Lee

Representative — 2nd Franklin District
District Office: 978.895.9606
Susannah.WhippsLee@mahouse.gov



Templeton Council on Aging Staff

Director

Dianna Morrison
coadirector@templeton1.org
978.894.2784

Elderly & Family Services

Sue Lajoie
elderly-familyservices@templeton1.org
978.894.2781

Van Dispatch

Don LeBlanc 978.894.2787
coadispatch@templeton1.org

Activities Coordinator

Alisha O'Malley 978.894.2783
coaactivities@templeton1.org

Administrative Assistant

Pamela Landry
coabookkeeper@templeton1.org

Food Pantry

978.894.2782
elderly-familyservices
@templeton1.org

Custodian

Thomas Bosworth

Meals on Wheels Drivers

Russell Clark
Bob Goguen
Francis Couture

Van Drivers

Joe Arsenault
Bill Buckler
Francis Couture
Ron Lewis
Bob Goguen
Russell Clark

COA Board of Directors

Chairman, Priscilla LeClerc
Vice Chairman, Carolyn Touchette
Secretary, Leona DeGrace

Members

Phyllis Denis
Kathy King

Associate Members

Sandy Lafond
Gene Denis
Dot McKellick
Dan McKellick
Elisa Chouinard
Linda Thompson
Pat Arsenault
Alan Vincent
Claudette Vincent
Charlene Arsenault

**This newsletter is supported in part by the
Executive Office of Elder Affairs.**

*Printing Provided by the
Montachusett Regional
Vocational Technical School
Graphics Program.*

