



News for the 50+ October 2016

See what's happening in and around the
Templeton Council on Aging, Senior Community Center & Food Pantry

978-894-2780

16 Senior Drive (off Bridge Street), Baldwinville, MA 01436

Upcoming Events

Please call for reservations as early as possible

Game Night



Bring your favorite board game and join us for a fun night of games and sundaes on Saturday Oct. 1st from 6-8 at the TSCC. See more on page 7.

Police-A-Palooza



Join us Friday October 7th at 5pm for dinner and dancing. See more details on page 3.

Leaf Peeping



We're taking the scenic route to Merrimack on Tuesday Oct. 11th. For lunch info see page 6.

ASB Safety Talk



Kim Drudi from Athol Savings Bank and her team will be here to discuss on-line banking security on Wednesday Oct. 12th at 10am. Please call the TSCC to sign-up.

Monadnock Pumpkin Festival



Join us at the Cheshire Fair Grounds on Saturday Oct. 15th. Pick ups start at 9:30am. More details on page 6.

Denny's and the Mall



Breakfast and shopping. See page 6 for more.

Costume Party



Ghouls and Gals welcome on Friday Oct. 21st @ noon. See Page 6 for more details.

Pumpkin Decorating



Come decorate with us on Oct. 17th at 10am. 1st, 2nd, and 3rd place ribbon winners will be chosen at the Costume Party!

We would like to give a special thanks to the Templeton Cultural Council for affording the grant that made the Animal Adventures presentation in August possible. We had a full house and everyone had fun! Thank you Templeton Cultural Council for all that you do!

For Veterans Only



Please see Page 7 for updates.

Message from our Director.....

Hello All,

What happened to the summer? Did I miss it? Hmmmm well I guess I will just have to enjoy the fall, after all it is my favorite season. I love the crisp mornings and the hint of what is to come. This is a very important time of year for many reasons. It is a time of preparation around your home for the coming winter. It is also a time of preparation for you as well. Annual open enrollment period will begin very soon, please make an appointment with either Sue Lajoie or Gail Noel here at the TSCC for help in negotiating the quagmire of picking health care coverage. If you are not happy with the coverage you had this year now is the time to make a change for the coming year. Sue and Gail are the experts and they will be able to answer any questions you may have or will know where to find the answers.

On another note I want to thank everyone for the beautiful cards that we received they truly made a difference. I miss my Mother more than words can say but, I am doing as she wished and I celebrate her life every day.

Dianna

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. Winner will be drawn on December 1st, 2016.

Templeton / Phillipston Food Pantry

The food pantry will be open in October 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@temleton1.org

We are gearing up for the holiday season. The community has always been very generous with contributions for our Thanksgiving Baskets and toys for the kids at Christmas. We will be looking to all of you again for your wonderful donations. There will be a sign up sheet starting on October 4th for those families that will need a Thanksgiving Basket. Toy signups will start in November. If you have any questions please contact Sue Lajoie.

We appreciate your donations.

- Day Mill Dames
- Ahisma Animal Shelter
- The Lords Church
- Holy Cross Church
- St. Martin's Church
- New Hope bible Chapel
- Memorial Congregational Church
- Baldwinville American Legion
- Templeton, E. Templeton & Baldwinville Post Offices
- TOPS Supermarket
- The Kitchen Garden
- Pat Gale
- Joanne Burdin
- Henry Pokey
- The Wilburs
- The Akin Family
- The Haleys
- Karen & JP
- Bud & Marie
- Ed & Kathy King
- Phillip & Lucille Harris
- Marion & Roger Lancey
- Brad & Glenna Lehtonen

Thank You!

Wish Lists

Food Bank: canned fruit, juice, mayo, canned pasta, mayo, tuna

Senior Center: pumpkins, paper towels

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

Thank You MARKET BASKET in Athol for your donation to our September ice cream events.

Elderly & Family Services

Sue Lajoie, Elderly & Family Services 978.894.2781
elderly-familyservices@temleton1.org

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 me and ask for a SHINE appointment. Our trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

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.

We have informational pamphlets by the coffee bar
The Central Mass Region has recently launched it 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 you insurance needs.

There will be a Medicare Update Meeting at the Gardner Senior Center on October 27th at 1:30 pm. Please call 978-894-2787 to schedule a ride.

Alisha's Corner

The Templeton Police Department has graciously offered to host a ball at the TSCC on Friday October 7th. Police-A-Palooza will be a great way to meet and interact with the men and woman patrolling our community to keep us safe.

A spaghetti and meatball dinner will be served at 5pm provided by Kamaloht.

This is a semi formal attire event so grab your pearls and dancing shoes and join us on the dance floor from 6-8. Sgt. Steve Flis will be our DJ for the evening, playing a variety of tunes to get you moving. Let me know if you have a special request and I will pass it along to get played.

Deadline to sign up is October 3rd so call early! Tickets will be available for pick up Sept. 26th, please bring them with you to be entered into a door prize. This will be an amazingly fun evening and I hope to see you all there!

Our police department goes above and beyond for our community, let's show them we appreciate all they do!



COMING EVENTS

- Brownie Games
- Festival of Trees
- Lion's Turkey Raffle
- Gansett Fair

Boost Your Brainpower

Do you see a Swan or Squirrel?



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,

October is such a refreshing month working outdoors in the yard. However, I've been keeping track of first snowfalls and October 16th was the earliest. The means old man winter is on his way. We will be set up at the Narragansett Craft Fair on November 12th. Last year we had a mish mash of items and did not do well, while the lady next to us sold only slippers and did great. So this year, we'd like to sell HATS, HATS and more Hats. Get out your needles, hooks and looms. There is some extra yarn at the SCC if you need some.

If you don't knit, crochet or weave, you could help by volunteering at the event. We need two for set up and sales from 8 to noon and another two from 11:30 to about 3:30 to sell and pack up.

And shortly behind that is Sugar Rush which will be Dec. 17th. We'll confirm the date and get back to you. We'd like some baskets to raffle off again, so start looking for bargains for a theme basket and if our bakers could make cookies and package them in gift bags of one dozen, folks can buy a quick gift! What's your specialty? Remember all of the proceeds help our SCC.

By the way, we did great on the Templeton Arts & Craft Fair with our baskets and scratch tickets - we made over \$1,100 which will help with the Kitchen!!! Thank you to all Friends who helped with the basket and donated the scratch tickets and helped those two days. We need more Friends like you!

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.

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Phillipston, Mass.





October 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
3 Grilled Chicken Breast 1:00 Pitch 1:00 Golden Agers	4 Chicken & White Bean 9-12 Food Pantry 10:00 Computer Skills 10:00 Crafter's Corner 10:30 Winchendon Lunch* 1:30 COA Board Meeting	5 Ham & cheese Bake 12:30 BINGO	6 Minestrone Soup 9-12 Food Pantry 9:00 SHINE Appts. 10:00 Creative Stitchers 10:30 Winchendon Lunch* 1:00 Cribbage 5:30 Diners Club - O'Connors	7 Roast Pork 10:00 Friends Social Hour 1:00 Line Dancing 5:00 PD Ball
10 No Meals C L O S E D	11 Salisbury Steak 9-12 Food Pantry 10:00 Leaf Peeping 10:30 Winchendon Lunch* 1:00 Crafter's Corner	12 Cheesy Cauliflower Soup 10:00 ASB Security Talk 10:00 Market Basket 12:30 BINGO	13 Chicken Meatballs 9-12 Food Pantry 10:00 BNH Blood Pressure Clinic 10:00 Creative Stitchers 10:30 Winchendon Lunch* 1:00 Cribbage	14 Grilled Chicken Breast 1:00 Movie: Young Frankenstein or Beetlejuice - you decide



<p>17 Beef Stew 10:00 Pumpkin Decorating 1:00 Pitch 1:00 Golden Agers 6:00 Book Club</p>	<p>18 Chicken Drumstick 9-12 Food Pantry 10:00 Current Events Group 10:30 Winchendon Lunch* 1:00 Crafter's Corner 1:00 Movie: Hocus Pocus</p>	<p>19 Turkey a la King 8:00 Denny's & Mall 12:30 BINGO 6:30 Friends BOD</p>	<p>20 Butternut Bisque 9-12 Food Pantry 9:00 SHINE Appts. 10:00 Creative Stitchers 10:30 Winchendon Lunch* 12-2 Jewelry Making 1:00 Cribbage</p>	<p>21 Broccoli Bake 10:00 Friends Social Hour 12:00 Costume Party 1:30 Line Dancing</p> 
<p>24 Corn Chowder 1:00 Pitch</p>	<p>25 White Vegetable Lasagna 9-12 Food Pantry 9-4 Reflexology 10:30 Winchendon Lunch* 1:00 Crafter's Corner</p>	<p>26 Autumn Harvest Soup 12:30 BINGO</p>	<p>27 Roast Beef with Au Jus 9-12 Food Pantry 9:00 SHINE Appts. 10:00 Creative Stitchers 11:30 Veteran's Lunch 10:30 Winchendon Lunch* 1:00 Cribbage 1:30 Medicare Update</p>	<p>28 Chicken Kielbasa 12:00 RODEO Club * No Trans. Going to The Woodbound Inn in Rindge, NH National Chocolate Day</p>
<p>31 Shepherd's Pie 1:00 Pitch</p> 			<p>1 October 6:00 Game Night National Elder Day - make your own Ice Cream Sundaes</p>	<p>15 October 9:30 Monadnock Pumpkin Festival - 10am pick up leaving fair at 2pm</p> 

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



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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.

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BLOOD PRESSURE CLINIC

Amanda Piper from Baldwinville Skilled Nursing and Rehabilitation Center is taking blood pressures October 13th at 10 a.m. at TSCC for Free.

Featured Events in October

Reservations required for ALL activities.
Please call 978-894-2780

Costume Party: Prize for the best costume. Come by for light refreshments and lots of treats on Fri. Oct. 21st at noon. Call Alisha at 978-894-2783 if you'd like to help with decorating.

Leaf Peeping: Fall is upon us and all it's beauty is ready for display. Join us Tues. Oct. 11th when we drive the back roads of 202 to Merrimack, NH and stop for lunch at The Common Man. See Alisha for a menu copy. 10am pick up.

Pumpkin Festival: Swanzey is keeping the pumpkin tradition alive! Pick ups start at 9:30am and the van will leave to come home at 1:30pm. Cost to get into the festival is \$5 per person and admission bracelets can be purchased at the gate. For all the events information visit their website at <http://www.monadnockpumpkinfestival.org/>

Denny's and The Mall At Whitney Field: We're having breakfast and shopping in Leominster on Wed. Oct. 19th. Pick ups will start at 8am.

What's new and happening?

November 8th is the General Election Day. So who should you vote for? Be sure you're informed on all the issues and listen to both sides. Why not join us for a current events group talk and see what others have to say? This election is one of the most important in our history, be sure to get out and make your vote count! Take the quiz at <https://www.isidewith.com> to see which candidates' you side with on the issues that are most important to you.



Early voting may be done at the TSCC on November 1st from 10:00 am — 12:00 noon. Any registered voter of the Town of Templeton will be allowed to vote at the TSCC during those hours.

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 Oct. 3rd. 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 a day in advance.

Friends of the Templeton Elders
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01438

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Susannah Whipps Lee

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



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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

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