



News for the 50+ September 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

Salem Trip



Have a bewitching good time on Thursday Sept. 8th. Enjoy lunch at Red's Sandwich Shop and soak in all that Salem has to offer. There is no set plan for after lunch, but there will be a trip ideas list available for pick up at the SCC. More on page 6

Twilight Lounge



It's back! Come enjoy mocktails and apps while you gaze at the stars and belt out your favorite tunes in true Karaoke fashion on Sept. 9th @

Current Events Chat



Join us for our first monthly chat on Sept. 13th at 10am. Come discuss local events or policies and

FLU Clinic



Mon. Sept. 12th from 9-1 at the SCC. Bring your insurance card as Rite Aid will bill direct for you. **Mandatory sign up for apts!** More on page 6

Riverboat Cruise



Drift away Fri. Sept. 16th. Pick up starts at 10am. The tour is 1.5hrs and will cost \$11. Limited to 14 so call the SCC and reserve your seat ASAP.

The BIG E



Celebrating a century of greatness on Tues. Sept. 27th. Pick up starts at 9am. Tickets are \$15 at the gate and \$12 if purchased before the 14th - See Alisha at the SCC for help ordering on-line. Space will be limited so call the SCC early.

Mandatory Sign In and Out



Please remember to sign in and out each time you enter or leave the building. This is an emergency precaution so that we have a head count at all times. You will be asked to leave if you do not sign in. Also remember we have started taking profile pictures. These will only be viewed by our staff.



For Veterans Only

Please see Page 7 for updates.

Message from Dianna.....

Hello All,

I want to take a moment to thank everyone for their thoughtful expression of sympathy. My family is greatly relieved that my Mother is no longer suffering. The last few months were especially difficult, she has suffered with pain for a great number of years with Rheumatoid Arthritis and Kyron's Disease. When she was diagnosed with lung cancer we all thought that it was a cruel joke, but instead we chose to see her last few months with us as a gift, and we made the best of every day we had with her. She had her sense of humor right up until the day before she died. So what I am trying to say is that no matter how grim things may seem, if we look hard enough there is always some good, and maybe even something to laugh at. As always we are here for you, if you have overwhelming problems let us help you, the load is lighter when someone else helps to shoulder it with you.

Come see us at the TSCC, either Sue or myself will be able to help you.



Templeton / Phillipston Food Pantry

**The food pantry will be open in September
Tuesday & Thursday 9:00 am to 12:00 pm**

16 Senior Dr Rear
Baldwinville Ma 01436
Food Pantry 978-894-2782—Sue Lajoie 978-894-2781
elderly-familyservices@templeton1.org

Food Pantry Volunteers

We are still looking for food pantry volunteers. There will be a monthly signup sheet for the days volunteers are able to work. Volunteers must be able to lift grocery bags and boxes of food. If you are interested in volunteering please call Sue Lajoie or come in and fill out an application.

We appreciate your donations.

Thank you to all that donate to the food pantry. It has been great to receive all the fresh produce.

The Lords Church
St. Martin's Church
St. Vincent de Paul Church
Memorial Congregational Church
John LeClerc Wind Turbine 5k Committee
Templeton, E. Templeton & Baldwinville Post Offices

Holy Cross Church	Bud & Marie
Stop & Shop	The Akin Family
The Kitchen Garden	Ed & Kathy King
Templeton Country Store	Karen & AJ Johnson
Steve Laprise	Phil & Janice Lefebvre
John Whipple	Phillip & Lucille Harris
George Andrews	Michael & Laura Lawrence

Wish Lists

Food Bank: fruit, juice, cereal, ketchup, mayo, and tuna

Senior Center: small paper plates, paper towels

BLOOD PRESSURE CLINIC

Amanda Piper from Baldwinville Skilled Nursing and Rehabilitation Center is taking blood pressures September 15th at 10 a.m. at SCC for Free.

Elderly & Family Services

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

The flu is a contagious illness that can be severe and life-threatening, especially for those 65 years and older. Symptoms of the flu are body aches, lack of energy, fever, dry cough, sore throat and headache. It is estimated that 90% of flu related deaths and 60% of flu related hospitalizations in the United States occur in people 65 and over. This is due to the weakening of the immune system as people get older. The flu can also cause other chronic health conditions to get worse such as heart disease, COPD, asthma and diabetes. There are precautions that can help reduce your flu risk. Some of these are to stay away from sick people especially in confined spaces, washing your hands often, avoiding touching your eyes, nose or mouth, getting plenty of rest, staying hydrated, eating right, exercising, managing stress and getting your Flu shot.

Although many people worry that they will get the Flu from the vaccination, the Flu shot does not cause the Flu. The shot contains a dead virus that helps the immune system build antibodies but does not cause the Flu. People who are allergic to eggs, have had a reaction to the shot in the past or have developed Guillain Barre Syndrome should talk to their doctor before getting the Flu shot. People should get a Flu shot every year. The Flu shot is usually available in early September and throughout the Flu season. Rite Aid will be at the Senior Center on Sept. 12th to administer the Flu shot. Please sign up and bring your insurance card.



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

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

Alisha's Corner

Here is where I will from time to time write about some reminders or upcoming events that relate to the activities I am planning.

As I am filling the calendar for the upcoming months I want to make sure everyone has the opportunity to participate. To do so I am going to start enforcing the sign-up rule. In order to participate in an activity or attend an event you must sign-up. This can be done by calling the SCC, asking at the front window, or using the touch screen as you sign in. This will not apply to recurring open events and activities already in place; such as pitch, color crew, stitching, etc.

Also, as a reminder, we throw a monthly pot - luck to gather and socialize. A pot luck is a meal or party to which each of the guests contributes a dish, so I will be creating a monthly sign-up sheet where you can share what you will be baking, making, or bringing. After each pot-luck we have cake to celebrate our friends who have birthdays that month. Delicious cakes are very graciously donated by BSNRC. Please feel to come cut a piece with us.

If you are not signed up you may be unable to participate, so please be sure to sign up and if you are no longer able to attend let us know so that someone else can.

I hope everyone is ready to bundle up and enjoy the cooler weather!

COMING EVENTS

- PD Ball
- Game Night
- Leaf Peeping
- Costume Party
- Pumpkin Decorating

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

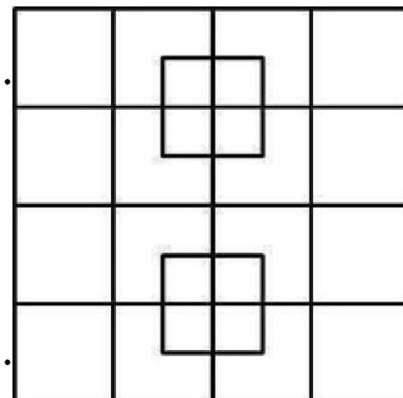
It can't be fall, we haven't recovered from the hot summer. But, the Friends group has been busy. First there was the Templeton Arts and Craft Fair last month - thank you to all who volunteered. During the summer, Friends had the opportunity to purchase a Scion passenger vehicle that gets 30 miles per gallon. This is being donated to the Council on Aging and will be used for long distance medical trips to Boston or Worcester. This will be a significant savings than using our 6-8 mpg vans; a lot more comfortable and quieter too.

We have two openings on our Board of Directors. We meet on the third Wednesday of the month at 6:30 to discuss building status and financials. Your input is important.

We've had a "lessons learned" meeting on the Mac N Cheese Festival. We've run out of Mac N Cheese two years in a row and cannot afford to run out next year. We'd like to ask the five churches in town if they would help bake for this community event in their commercial kitchens under the supervision of Serv-Safe staff. And we'll need another team of bakers in our NEW kitchen. And more volunteers at the event. Please tell the receptionist that you would like to join the FRIENDS group and we will contact you.

Speaking of Mac N Cheese - a HUGE thank you to the Donorumo family of South Road.. John and his family took charge of the food tent and his experience and professionalism showed through. Thank you John and Family.

.....
**Boost your
Brainpower**
Answer on page 7
.....
How many squares
can you count?
.....



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September 2016

HELP US HELP YOU!

Registration is necessary for all activities marked with an asterisk. (*) Please remember to CALL in advance to participate. This will help us to continue to plan great



Advertising in the Senior Community Center's Newsletter can work for you.

More than 1,700 newsletters mailed monthly and more than 200 newsletters 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
24	<p>GAME NIGHT at the SCC on Saturday the 24th from 6-8! Call to reserve a spot</p>			<p>1 Chicken Ala King 10:30 Winchendon Lunch* 1:00 Pitch 5:30 Diners Club - Papa Galos *No Trans</p>	<p>2 Salisbury Steak Line Dancing</p>
5	<p>NO MEALS</p>	<p>6 Corn Chowder Grilled Chicken 9-12 Food Pantry 10:00 Computer Training 10:30 Winchendon Lunch* 1:00 Coloration Crew National Coffee Ice Cream Day</p>	<p>7 Chef Salad with Turkey, Egg, Cheese 12:30 BINGO</p>	<p>8 Marinated Beef Tips 9-12 Food Pantry 9-12 SHINE Appts. 9:00 SALEM TRIP 10:00 Creative Stitchers 10:30 chendon Lunch* 1:00 Cribbage</p>	<p>9 Sweet and Sour Meatballs Friends Social Potluck (September Birthdays) Twilight Lounge</p>
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<p>12 Veg Gumbo Soup Chicken with Lemon Flu Clinic* Pitch Book Club Community Supper*</p>	<p>13 Breaded Potluck Food Pantry Current Events Group Winchendon Lunch* Coloration Crew</p>	<p>14 Chicken Corn Stew Market Basket* BINGO National Crème Donut Day</p>	<p>15 Sliced BBQ Pork Food Pantry BNH Blood Pressure Clinic Creative Stitchers Winchendon Lunch* Cribbage</p>	<p>16 Macaroni and Cheese Line Dancing River Boat Cruise \$11 10am Pick Up*</p> 
<p>19 Beef and Lentil Chili Pizza Pitch Golden Agers</p>	<p>20 Grilled Chicken with Florentine Sauce Food Pantry Winchendon Lunch* Coloration Crew MOVIE TIME Veterans Meeting - Bald. American Legion</p>	<p>21 Roast Pork BINGO BOD Meeting</p>	<p>22 Chicken and Rice Food Pantry SHINE Appts. Creative Stitchers Winchendon Lunch* Cribbage Nat'l Ice Cream Cone Day</p>	<p>23 Sloppy Joes National Checkers Day</p> 
<p>26 Kielbasa Cabbage Friends Social Hour Pitch</p>	<p>27 Roast Turkey THE BIG E Food Pantry Nails / Reflexology* Winchendon Lunch* Coloration Crew</p>	<p>28 Grilled Chicken Coq Au Vin BINGO</p>	<p>29 Portuguese Kale Soup Winchendon Lunch* Veteran's Lunch Cribbage</p>	<p>30 Rainbow Trout Red Apple Farm Rodeo Club * No Trans. Going to Blueprint in Westminster.</p> 

WEATHER CANCELLATIONS

When School has been closed or delayed due to inclement weather, the Senior Center will cancel all activities, excursions, and COA Van transportation.





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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.

REMINDER!

Parking in HANDICAPPED SPACES is ILLEGAL unless you have a Handicapped Placard or License Plate!

Baldwinville Skilled Nursing and Rehabilitation Center



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Pulmonary Rehab and Long-Term Care.

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51 Hospital Road, Baldwinville, MA 01436
www.baldwinvillenursinghome.org

Featured Events in September

Reservations required. Please call 978.894.2780

It's the month of national ice cream celebrations! Come celebrate National Coffee Ice Cream Day Tues. the 6th at noon. Don't like coffee ice cream come for a variety of flavors on Thurs. the 22nd at noon to celebrate National Ice Cream Cone Day.

Like to play checkers? Come play all day Friday the 24th! Think you can jump your way to king and hold on to a win?

Flu Clinic: Please give your phone # when you sign up so that Rite Aid may call to verify your insurance information.

Salem: Pick up will start at 9am. Space is limited to 14 so reserve your spot early!

Riverboat Cruise: Dress in layers, we're heading to the Northfield Mountain Range in Northfield, MA. Call to reserve a seat early! ****PLEASE PACK A LUNCH****

Apple Farm: Visit to pick apples and enjoy the fresh air. Limit to 14 with a 10am pick up.

What's new and happening?



It's fall in New England and that means the Patriots are back! Brady is out and Garoppolo is in! How will they do with the golden boy riding the pine the first 4 games? Most seem to think it's no problem and just a small bump on the Super Bowl road. What are your feelings for sports at the SCC? Would you like to watch a game or two? When the Pats get to the Super Bowl we'll have a party and celebrate! But a game or two before would be fun also!

What Do You Want To Do?

Get your suggestions into the Activities Suggestion basket. Tell me where you want to go and or what you want to do. Are there people or bands you want to hear? What did you like best from last years activities and what do you not want to do again?

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 Sept. 12th. 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.

Arts & Crafts at the Senior Center

Coloration Crew – Tuesday, September 6, 13, 20, and 27, at 1 p.m. All are welcome!

Jewelry Making – Class is out for the summer. We hope to resume in October with a new instructor!

Creative Stitchers – Thursdays, 10 a.m. Counted cross-stitch, crocheting, knitting, needlepoint, sewing, etc. All levels welcome. Come with your questions for our veteran stitchers, and we'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 welcome.
- BILLIARDS** — Any time!
- Wii Bowling**— Any time!



Pitch Winners

- 7/25/16:** 1st John Whipple, 2nd & 3rd tie Shirley Lavigne and Joe Arsenault
- 8/1/16:** 1st Jerry Racette, 2nd Louis LaLiberte, 3rd Maury Lizotte
- 8/8/16:** 1st Bob Oliva, 2ns Betty Dame, 3rd Thelma D'Alessio
- 8/15/16:** 1st Jerry Racette, 2nd Roger McDonald, 3rd Rachel Losh

Game Night - Enjoy a fun night of Card Bingo on Sat. September 24th from 6-8pm. Light refreshments will be served. Come by for a night out of socializing and see if you've got the right deck to win!

Boost your Brainpower ANSWER
40 squares



Parker House of Pizza
17 Pleasant Street, Gardner

Reno's Pizzeria
132A Patriots Road, E. Templeton

Seniors 65+, bring this newsletter to Reno's



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, September 1st, at **Papa Galo's in Kenne, NH**. Call us to reserve your seat.

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

Potluck Lunch / September Birthdays – 2nd Friday of the month, September 9th, at noon. Sign up to bring a dish to share and join us! Bring your own special place setting, if you like, for a touch of Tanglewood. We'll celebrate September birthdays. Thank you to Baldwinville Skilled Nursing and Rehab for donating the cake!

Book Club – Monday, Sept. 12th, at 6 p.m. Newcomers welcome. Coffee and munchies. Casual, fun, no pressure! September book is **"A Cup of Tea: A Novel of 1917"**, written by Amy Ephron. Come join us!

Computer Skills – Come to our library to use our computer anytime. Larry, is hosting a class on Upgrading to Windows 10 Sept. 6th at 10am.

RODEO Club PLUS – Please call to join our Retired Old Dames for lunch Friday, September 30th at noon

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 get those summer gardening nails refreshed. Also offering pressure point reflexology. Fore more info please see the pamphlet in the SCC main hallway.

Veterans Lunch / Evening Group – All veterans are encouraged to attend the Veterans Lunch the last Thursday of the month, **September 29th** at 11:30 a.m. 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, **September 20th**, 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 Vets' Lunch please call the COA Van at 978.894.2780.

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

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Never let the disappointments
of today cast a shadow on the
dreams of tomorrow

AO

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