

The Spirit of Bellingham

Council on Aging Newsletter

January 2018



Free Wi-Fi

40 Blackstone Street • Bellingham, MA 02019 • Phone: 508-966-0398 • Fax: 508-966-5843

Monday, Tuesday, Wednesday & Thursday 8am-4pm • Friday 8am-3pm

Beth Cornell-Smith, Interim Director • bsmith@bellinghamma.org • www.bellinghamma.org

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TOP "MUST SEE" FREE PROGRAMS

1. *The Ottoman Empire*: Tues., Jan. 9, 16, 23 & 30 at 1:30pm (No meeting on Tues., Jan 2)
2. *TRIAD Fall Prevention*: Thurs., Jan. 4 at 11am
3. *Make a Fleece Blanket*: Thurs., Jan. 18 at 1pm
4. *New Year's Ice Cream Social*: Thurs., Jan. 11 at 1pm

A LETTER FROM THE BOARD OF SELECTMAN

On behalf of the Board of Selectmen, I want to wish our Senior Community the happiest of holidays and warm wishes for a joyous and happy New Year! It is hard to imagine we are almost into 2018 and by the looks of the many scheduled events at the Senior Center, it is going to be a very busy and activity filled start to the New Year!

I have had the pleasure of attending many of your events this past year and I look forward to visiting more with you, along with my colleagues on the Board of Selectmen. Our community has many things to be grateful for as we start the New Year but at the top of my list is our senior population who serves as the "backbone" to our Town. Those of you who have heard me address various events over the past few years will recall I often use the term "backbone of our community" when describing our senior population. I mean this in the most endearing way in that the success we enjoy today are all the result of the many sacrifices and hard work our seniors have endured throughout your lifetime. We are proud of our community and all you have done to make it the special place we call home.

On behalf of my Board, I want to pledge to you that we will continue to strive to provide the highest quality of services possible at our Center. Furthermore, we all stand ready to provide any necessary assistance to make 2018 our most successful year ever.

Happy New Year!

Michael J. Soter

Chairman, Board of Selectmen

COUNCIL ON AGING NEWS & EVENTS

Council on Aging (COA) Mission Statement

Our mission is to provide support and leadership to our senior community through advocacy and by implementing educational, nutritional, recreational and wellness programs to meet their needs.

508-966-0398 • Our next COA Board Meeting will be held on Tuesday, January 9 at 1pm

COA Officers and Board Members

Chair: Kay Page *Co-Chair:* Betty Willey *Treasurer:* Tina Tyler *Board Members:* Joan Mallard, Paul Peter and Tsune Roberts *Sunshine Person:* Pat Levesque
Associate Board Members: Beverly Trimm

.....
The Bellingham COA wishes to thank Denny's Liqueur Store and Town Pizza for their donations to our Fall Craft Fair. We apologize that they were accidentally omitted from the December newsletter's list of donors. Their donations were extremely important to the success of the Fair. Thank you!
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Thank you to the following individuals that made a monetary donation to the Bellingham COA Senior Center:

Anna M. Iacovelli in memory of her husband Nicolas Iacovelli.
Mathew and Kathleen Mello in memory of Duke Farese.

Happy New Year and wishes for a healthy, happy & blessed 2018!

I want to take a minute and thank those who have gone out of their way to introduce themselves to me and make comments & suggestions. Thank you for your enthusiasm and interest in the senior center.

The COA would like to recognize Paul Peters, a COA Board member, who facilitates the Men's group at the senior center. Paul started the group several years ago with less than a handful of men. Today that number has grown to fill two or three tables and continues to grow! Great job Paul!

For all the book lovers we, the COA, will be introducing a book club; a new program at the senior center. We will have our first planning meeting on January 29th at 11am. I encourage you to attend!

Remember---the COA are the eyes and ears of the senior center/community. If you have any comments, suggestions or ideas please share with us by calling the senior center and we will return your call! If you see any of the Board members stop and introduce yourself.

Thank you,
Kay Page, Chairman, COA

THE OTTOMAN EMPIRE: AN UPDATE FROM THE COA

The original intent of The Ottoman Empire Project was to introduce new and interesting events for the Bellingham Senior Center. We have had an on-going lecture series with a follow-up group discussion for 17 weeks. We are now almost at the half-way point for the series. The series is comprised of thirty-six 30-minute lectures, and is presented Tuesday afternoons at 1:30 PM. We have an average attendance of 6 to 12 participants. Due to the busy holiday season, we will not be meeting on Tuesday, Jan. 2. We may experience additional scheduling changes due to inclement weather. In the event of poor weather, please call the Center 508-966-0398 to check if the class has been cancelled.

Thanks for participating, Paul Peters, Board Member, COA

STAFF DIRECTORY

Senior Center Offices: 508-966-0398
 Interim Director, Beth Cornell-Smith: 508-966-0398 or 508-966-2967
 Asst. Director, Lisa Mottola: 508-657-2708
 Admin. Clerk, Dan McLaughlin: 508-657-2714
 Office Support Clerk, Nancy Champney: 508-657-2707
 Transportation: 508-966-0398
 Transportation Coordinator, Leo Dalpe: 508-966-0398
 MCOA Certified Outreach Coordinator, Sheila Ronkin: 508-657-2710

Marketing & Program Coordinator, Michelle Kohn: 508-657-2716
 Supportive Day Program Coordinator, Olivia Mathieu: 508-657-2711
 Supportive Day Program Assistants, Sue Smith and Grace Moore: 508-657-2711
 Custodians, James Maher and Lenny Brooks: 508-966-0398
 Van Drivers: Carl Malo, Roger Hogue, Kevin Knehr, Don Boucher, Paul Haggstrom, Michael Mullaney, Arthur Linnell, Ed Nugent, Bob Greenhalgh and Mike McAlduff
 S.H.I.N.E., Judy and Leland Katz: 508-966-0398

SUBSCRIPTIONS

SUBSCRIBE

SUBSCRIBE TO *THE SPIRIT OF BELLINGHAM* NEWSLETTER

To sign up for an email subscription:

Go to www.bellinghamma.org and click Subscribe to News at the bottom of the page. Enter your email address, check the box for Council on Aging News, scroll down and click Send My Request. You will receive a confirmation email to which you will need to reply to finalize your request. You will then receive an email each month with a link to a digital version of *The Spirit of Bellingham*.

REMINDER

OUT-OF-TOWN SUBSCRIPTIONS FOR *THE SPIRIT OF BELLINGHAM*

Please remember to renew your dues:

Those individuals living out-of-town who wish to receive a monthly paper copy of the *Spirit of Bellingham* newsletter through December 2018 should send a check made out to the Bellingham Senior Center in the amount of \$6.50 to cover postage and handling. Please mail checks to: The Bellingham Senior Center, 40 Blackstone Street, Bellingham, MA 02019.

IMPORTANT CONTACT INFORMATION

CareGiving Metrowest	www.caregivingmetrowest.org	CMAA (info & referral)	1-800-244-3032
Alzheimer's Helpline	1-800-272-3900	MASS OPTIONS	
RUOK program		(free link to services)	1-844-422-6277
(phone reassurance)	1-866-900-7865	VA (healthcare Q&A)	1-877-222-8387
SMOC (heating assistance)	1-800-286-6776	FoodSource Hotline	
MCPHS (prescription help)	1-866-633-1617	(food stamps)	1-800-645-8333
TVES, Inc.	1-800-286-6640	Loaves & Fishes Food Pantry	1-508-966-1274
(help at home)	or 1-508-949-6640	GATRA www.gatra.org	1-800-483-2500
	Info for MA elders & families www.800ageinfo.com		

CULTURAL & LEARNING PROGRAMMING

NEW YEAR'S ICE CREAM SOCIAL

Thursday, January 11 at 1pm • Free

Join us as we ring in the New Year with an Ice Cream Social. This is a great opportunity for Seniors who are new to the area, or who haven't visited the Senior Center yet, to come down, meet some great folks, enjoy an ice cream sundae and learn about all the programs we have to offer. Sign up at the front desk or call 508-966-0398.

HOW TO MAKE A FLEECE BLANKET

Thursday, January 18 at 1pm • Free

Participants must bring two 2-yard pieces of fleece or a large kit to create their blanket. Fleece blankets make wonderful holiday gifts for family and friends! Sign up at the front desk or call 508-966-0398.

JOY OF LEARNING: THE OTTOMAN EMPIRE

Tuesday, January 9, 16, 23 & 30 at 1:30pm • Free

This educational and informational program explores the fascinating history of the Ottoman Empire. A 30-minute DVD presentation followed by a group discussion.

HEALTHY AGING PROGRAMMING

TRIAD: A DVD PRESENTATION ON INJURY & FALL PREVENTION IN THE HOME

Sponsored by the District Attorney's Office

Thurs., January 4 at 11am-12pm • Free

Learn how to take action and to prevent injuries and falls and how to implement fire prevention practices at home. Sign up at the front desk or call the Senior Center at 508-966-0398.

SENIOR SAFE WITH BRAD KWATCHER OF THE BELLINGHAM FIRE DEPARTMENT

WINTER FALL PREVENTION

Thurs., February 1 at 10am • Free

Brad will discuss ways seniors can safeguard themselves from falls during the cold and icy winter months. Sign up at the front desk or call the Senior Center at 508-966-0398.

PROGRAMS TO WATCH FOR IN 2018

Coming to Bellingham in 2018 - Enhance Fitness, an exciting new-evidence based program that will help support healthy aging and managing symptoms of arthritis, improve balance, boost activity levels and elevate mood through fun, laughter and friends. This is a 16 week group exercise style class that meets three times a week for one hour each time. Be on the lookout for a demo class in the new year!

Also coming to the Senior Center in 2018 is the YMCA's Diabetes Prevention Program. This one year classroom-based program will provide you with the necessary tools to help prevent type 2 diabetes. Please keep a look out for program details in future newsletters in the new year. These two programs are offered in collaboration with the Hockomock area YMCA.

DAILY PROGRAMMING

PAID PROGRAMMING

CHAIR EXERCISE

Mondays & Fridays at
10:30am
\$3 per class

BASIC YOGA

Tuesdays at 10:00am
\$3 per class

YOGALATES

Thursdays at 10am
\$5 per class

ZUMBA/CORE

Fridays at 9:30am
\$3 per class

TAI CHI

Fridays at 1pm
\$5 for seniors (65+)
and \$10 for non-
seniors.

LINE DANCING

*Line Dancing classes
will be suspended for
the winter.*



FREE PROGRAMMING

BILLARD ROOM HOURS

Mon., Tues., & Thurs. 8am-4pm
Wed. 1pm- 4pm & Fri. 8am-12pm

CHAIR

VOLLEYBALL
Mondays at 9:30am

POKER

Mondays at 1pm

GUITAR

Tuesdays at 8am

PITCH

Tuesdays at 1pm

BRIDGE

Wednesdays at 9am

CHORUS

Wednesdays at 10am

MOTION TO MUSIC

Wednesdays at
11am

BINGO

Wednesdays at 1pm

MAHJONG

Thursdays at 1pm

CRIBBAGE

Fridays at 9am

CANASTA

Fridays at 12pm



GATRA HOLIDAY SCHEDULE CHANGES

There will be no Dial-a-Ride or Shuttle services
on Monday, January 1 (New Year's Day)

There will be no Dial-a-Ride services on
Monday, January 15 (MLK Day). The Shuttle
will run as usual.

***Reminder: The Senior Center will be closed on Monday, January 1 for New Year's Day
and Monday, January 15 for Martin Luther King Jr. Day.***

GROUPS & CLUBS

NEW!!!! BOOK CLUB

We will be starting a Book Club! The goal is to
read 1 book every 4-6 weeks and then meet to
discuss. If you're interested, please sign-up for
our first planning meeting on Monday, January
29 at 11am. We will review a schedule and
discuss possible book options.

THE GIVING TREE

On behalf of the Bellingham Senior Center and
Abby Cirioni, coordinator of the Giving Tree, our
sincere thanks to the 21 volunteers and
individuals that donated the hand-knitted items
for the tree. A total of 245 adorned the tree and
will be distributed those in need. Thank you!

QUILTERS & KNITTERS

Mondays at 9:00am • Free

CONVERSATIONAL ITALIAN

Mondays at 1:00pm • Free

Open to Italian language learners of all levels,
even the earliest beginners. One of the most
important parts of learning a language is
speaking it!

MEN'S GROUP

Wednesdays at 10am • Free
Join us for coffee, conversation and a
joke or two!

Our groups always welcome new members!

INCLEMENT WEATHER INFORMATION

Please note that if the Bellingham Public Schools are closed due to inclement weather, GATRA Dial-a-Ride services will be suspended, and all Senior Center programming will be cancelled.

GATRA Shuttle services will remain in operation as long as the trains are running.

The Bellingham Senior Center would like to remind you to be safe this winter season!

BESG NEWS & EVENTS

Bill Eltzroth, *President* • John Hogan, *Vice President* • Susan Wilkins, *Secretary* • Ray Conklin, *Treasurer* • Jeanne LeBlanc, *Assistant Treasurer* • Gail Milgram, *Sunshine Lady* •
Board Members: Bill Barrette, Louis LeBlanc, Jim Fitzpatrick, Barbara Eltzroth, Tom Donnelly ,
Eva Gamache & Rita Tetrault

The BESG office is located at the Municipal Center. Please call either the Senior Center at 508-966-0398 or the Town Hall at 508-657-2715 for specifics dates and times.

Dear Seniors,

I hope everybody had a very merry Christmas and wish everybody a happy and healthy New Year. To all the seniors in Bellingham, if you don't belong to the BESG, which is the Friends of Seniors, I wish you would consider joining. It costs \$5 per year, and your dues and donations help support the Senior Center and all the activities that go on. The Senior Center has all kinds of activities going on, such as pool, cards, informative classes, and exercise classes. Please consider coming and taking part in these activities. We strive to make our Senior Center a place where folks come and enjoy good food, meet old friends, and make new ones.

Reminder: Please sign up early for our dinners so that we can avoid having to call the caterer to update the headcount. We want to make sure we have enough food for everybody, so try and sign-up early. Please join us for shepherd's pie on January 2 and ham dinner on January 25.

Our casino trips are planned, and flyers are posted. We will be posting the 2018 travel trips shortly. Our travel trips are for everyone, not just seniors, so bring your friends and family and have a great time.

Best,

Bill Eltzroth, President, Bellingham Elder Services Group

BESG JANUARY LUNCHEON

**Tuesday, January 2 • 12pm \$7 for members
\$10 for non-members & late sign ups**
Shepherd's Pie, catered by Chef du Jour.

FOXWOODS TRIP

**Thursday, January 18 • Depart 7:45am and
Return 5pm • \$22 per person**
Package includes free food, free bet, and a
chance for a free trip

BESG BIRTHDAY PARTY

**Tuesday, January 25 • 12-2pm
\$9 per person**
Ham Dinner, catered by Mickey G's.

FOXWOODS TRIP & DINNER AT WRIGHTS

CHICKEN FARM
**Thursday, February 15 • 7:45am - 5pm
\$55 per person**
Cost includes casino package.

The B.E.S.G. wishes to thank Michael & Laura DeMattia, Louis LeBlanc, Glenn Moody, Millie Woodman and William Eltzroth for their donations.

OUTREACH BY SHEILA RONKIN

The Farmer's Almanac said that this would be a snowy winter, not so much cold, but snowy. I hope you are keeping your homes comfortable. Once more into the breach my friends, please call and sign up for fuel assistance if you have not done so already.

I learned about a very interesting piece of research that is going on in the Midwest. I was driving so I cannot tell you the name of the physician; all I can say is that he is a brain surgeon in the Midwest, and a researcher.

He had the idea, that if stem cells could be used to stop certain cancers that maybe the adult stem cells could aid people who had strokes. In the past few years he and his team have brought their research through animal trials to human beings. It usually takes at least 7 years to get to this point. Three years ago, he began to use human volunteers. He has great success. One person, a 31 year old woman had had a stroke that left her whole left side paralyzed. She had been engaged at the time of the stroke; she broke off her engagement, retreated to her home, and hardly socialized with anyone. She volunteered to work in the pilot study. Today, she has only a slight slur to her speech; she walks normally, has the use of her left arm and leg, and has no residual damage to her facial features. Oh, yes, she is now married and has a 14 month old child. She is the exception in recovery. She recovered 99% most people who were in the study only recovered up to 95% of their abilities. The reason I am telling you this, is that hopefully, the technique will be used nationwide within the next year or so. The physician said they were arranging for other brain surgeons to agree to participate. What to me was the most exciting part of his discussion was the fact that he feels that this technique could ultimately be used for victims of Parkinson's, and perhaps even Alzheimer's and Dementia and ALS (Lou Gehrig's disease), as well as Multiple Sclerosis. I am ever hopeful of new techniques that will help us age well. As I learn more I will share it with you.

Sometimes, our prayers are answered in the most off the wall way. Now if there were such hope for world peace.....

Have a good month, stay warm and healthy.

TOWN NEWS

Recycling Center Winter Hours

The Recycling Center on South Maple street will be open Saturdays (only) from 8:00am - 4:00pm.

Winter Parking Ban in Effect December 15 - April 1

During this time, parking on town roads is prohibited between the hours of 2am - 7am. Violators may be towed at owner's expense. In the event the town declares a "Snow Emergency" parking will be prohibited on the public way until the ban is lifted. Removal of snow from your property onto a public way is also prohibited.

Town of Bellingham and MPAC Economic Development Vising Event & Open House Thursday, January 18 • 6-9pm • Bellingham Public Library • 100 Blackstone Street

Voice your input for an economic development vision for the town. [Snow date: January 23]

Availability of Funding for Home Repairs Program Extended

Eligible owners of 1-to-7-unit residential properties can receive up to \$40,000 per unit to make needed repairs. Assistance is provided in the form of zero-interest deferred payment loans. Applications can be picked up at the Bellingham Senior Center, Town Clerk's Office and Community Development Office. They can also be downloaded from the Town website. For additional information, please call the Community Development Office at 508-657-2890 or 508-657-2891.

VA NEWS

Veteran Service Officer: Bob Greenhalgh • 774-292-2437

VETERAN ID CARDS: U.S. Department of Veterans Affairs (VA) announced that the application process for the national Veterans Identification Card (VIC) is now available for Veterans---yet another action honoring their service. This has been mandated through legislation since 2015 to honor Veterans, and the rollout of the ID card fulfills that overdue promise. Only those Veterans with honorable service will be able to apply for the ID card, which will provide proof of military service, and may be accepted by retailers in lieu of the standard DD-214 form to obtain promotional discounts and other services where offered to Veterans. "The new Veterans ID card provides a safe and more convenient and efficient way for most Veterans to show proof of service," said VA Secretary Dr. David Shulkin. "With the card, Veterans with honorable service to our nation will no longer need to carry around their paper DD-214s to obtain Veteran discounts and other services." The VIC provides a more portable and secure alternative for those who served the minimum obligated time in service, but did not meet the retirement or medical discharge threshold. Veterans who served in the armed forces, including the reserve components, and who have a discharge of honorable or general (under honorable conditions) can request a VIC. To request a VIC, Veterans must visit vets.gov, click on "Apply for Printed Veteran ID Card" on the bottom left of the page and sign in or create an account. Veterans who apply for a card should receive it within 60 days and can check delivery status of their cards at vets.gov. A digital version of the VIC will be available online by mid-Dec.

FLY THE FLAG: News Years Day, January 1 and Martin Luther King Jr. Day, January 15.

A HEALTHY RECIPE FOR THE NEW YEAR

One Pan Balsamic Chicken and Asparagus

You can find this, and more healthy recipes, at www.delish.com

Ingredients

- 1/4 c. balsamic vinegar
- 1/4 c. extra-virgin olive oil, divided
- 1 tbsp. honey
- 1 tbsp. Dijon mustard
- 2 cloves garlic, minced
- Pinch of crushed red pepper flakes
- 2 lb. chicken breast tenders
- Kosher salt
- Freshly ground black pepper
- 1 lb. asparagus, woody ends trimmed
- 1 pt. cherry tomatoes, halved

Directions

- Make vinaigrette: In a small bowl, whisk together balsamic, 2 tablespoons oil, honey, mustard, garlic, and red pepper flakes until combined. Set aside.
- In a large skillet over medium heat, heat remaining oil. Add chicken, season with salt and pepper, and sear until golden, about 3 minutes per side. Remove from pan and set aside.
- To pan, add asparagus and tomatoes, season with more salt and pepper, and cook until asparagus is bright green and tomatoes are slightly wilted, 5 minutes or so.
- Move veggies to one side, add chicken back in and pour in vinaigrette. Toss veggies and chicken slightly until chicken is cooked through and vinaigrette is thickened, 5 minutes more.
- Enjoy! Serves 4.



SERVICES

BLOOD PRESSURE CLINIC

Mon., January 8 at 10am-12pm • Free
Bellingham's Public Health Nurse will be taking free blood pressure readings at the Senior Center. Sign up at the front desk or call the Senior Center at 508-966-0398.

BEREAVEMENT SUPPORT GROUP

Thurs., January 4 & 18 at 11:15am • Free
Join with others who have experienced a similar loss. Funded by a state grant Administered by Massachusetts Association for Councils on Aging and Senior Center Directors. Please call the Center at 508-966-0398 and we will take your name and information.

LEGAL CONSULTATIONS

Wed., January 17 at 2-4pm • Free
Attorney Daniel T. Doyle is available by appointment for free legal consultations. To schedule your free 15-minute consultation, sign up at the front desk or call the Senior Center at 508-966-0398.

FINANCIAL CONSULTATIONS

Thurs., January 18 at 10am-12pm • Free
Gerald Loftin is available by appointment. To schedule your consultation, sign up at the front desk or call the Senior Center at 508-966-0398.

RMV NEAR ME

Senior citizens can receive assistance processing routine RMV transactions online with help from Lisa Mottola, Assistant Director. Please call Lisa at 508-657-2708 to schedule an appointment.

SUPPORTIVE DAY PROGRAM

Mondays-Fridays from 9am - 3pm • \$35/day
Members can spend as little as one, or up to five days per week, in this program. Healthy snacks and lunch are included. Enjoyment, conversation and gentle exercise are part of each day. Transportation is available at no additional cost for residents. Please call the Supportive Day Program Coordinator, Olivia Mathieu, at 508-657-2711, with any questions.

SAFE NEEDLE DISPOSAL OPTIONS

You may use the large collection container stationed inside near the front door of the Senior Center. Needles, syringes and sharps **MUST BE IN A STURDY CONTAINER** that is water and puncture proof (such as a coffee can or smaller bleach or detergent bottle) and marked with the universal biohazard warning symbol. Please, **No Plastic Bags or Loose Needles!** See the front desk if you require a container.

BELLINGHAM PROPERTY TAX WORK OFF PROGRAM

Earn up to \$1,000 off your property tax bill while helping the Town of Bellingham! For more information, please call the Nancy Champney at 508-657-2707.

GATRA TRANSPORTATION

If you are at least 60 years of age, or a younger disabled resident, we provide rides in town and the surrounding area up to 10 miles. For more information or to schedule a ride, call the Senior Center at 508-657-2709.

BEAUTY SERVICES

There will not be any beauty services offered this month. We apologize for the inconvenience

Demonstration of the OrCam glasses at the Franklin Senior Center, Low Vision Center

DATE: Tuesday, January 9th, 2018

TIME: 1:00pm

PLACE: Stella Jeon Low Vision Center, Franklin Senior Center

RSVP: by Friday January 5th by calling 508-520-4945

These eye glasses have a camera on the arm of the glasses that takes pictures of documents and then reads the document into the ear of the person wearing the glasses. Vision impaired seniors will now be able to do a lot more with the aid of these glasses.

A demonstration can be seen on the OrCam website at <https://www.orkam.com>

SHINE NEWS

SERVING HEALTH INFORMATION NEEDS OF EVERYONE (S.H.I.N.E.)

January 2, 9, 16, 23 & 30 at 9am-12pm • Free

SHINE representatives Judy and Leland Katz provide free, unbiased and confidential counseling on all aspects of health insurance to anyone on Medicare. By appointment only.

To schedule a SHINE appointment please call the Senior Center at 508-966-0398!

The 2017 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans. For Plan Year 2018 The Tufts Medicare Preferred Plan continues to be designated as 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change too, one of the Tufts Medicare Preferred Plans at any time between December 8, 2017 and November 30, 2018. Blue Cross/Blue Shield Part D Plans have also be designated as Five Star and the same enrollment guidelines apply. This is a great opportunity if you missed the Open Enrollment deadline.

If you want to take advantage of any of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process and any consequences of changing plans.

BRAIN GAMES

HOLIDAY WORD SEARCH

B	H	T	F	H	T	S	A	N	T	A	K	L
L	A	O	A	E	R	N	G	K	J	C	Q	G
I	K	L	M	G	E	O	Q	U	O	H	D	I
Z	U	O	I	L	E	W	R	T	Y	E	L	F
Z	N	V	L	O	D	M	S	A	Y	E	I	T
A	A	E	Y	V	G	A	T	H	E	R	G	S
R	H	S	F	E	W	N	Y	F	T	L	H	N
D	C	H	R	I	S	T	M	A	S	H	T	D
A	P	O	I	N	S	E	T	T	I	A	S	J
S	N	O	W	F	L	A	K	E	N	T	F	K

SNOWMAN
SANTA
CHRISTMAS
GATHER
GIFTS
BLIZZARD
POINSETTIA
CHANUKAH
LIGHT
HAT
JOY
TREE
CHEER
LOVE
ELF
FAMILY
SNOWFLAKE
GLOVE

WHAT'S YOUR NEW YEAR'S RESOLUTION?

WHAT DOES

2018

MEAN TO YOU?

Here's what folks around the Sr. Center are pledging to do for their New Year's resolution

"To try some new programs at the Senior Center!!!" - Anonymous

"To stay away from the bread rack!" - Anonymous

"Eat less & lose weight." - Anonymous

"Stay healthy." - Anonymous

"Stay healthy, keep many friends, remain faithful and trusting in God." - Ben

"My New Year's resolution is to be a great mom! And, to eat less ice cream!! - Michelle

"Peace in our world and good health." - Anonymous

"To give more of my time to charity and help others who are less fortunate." - Anonymous

"Improve myself from the inside and outside." - Anonymous



NEW YEAR'S TRADITIONS AROUND THE WORLD

Ever wonder how people around the world celebrate the New Year? Here are a few ways...

USA

An estimated 1 million people flock to Times Square each year to watch the ball drop, while over a billion watch world-wide on television. The first New Year's celebration in Times Square took place in 1904, and featured fireworks. When NYC banned fireworks in 1906, the now iconic 700 pound ball, which slowly descends as we countdown the seconds leading up to the New Year, was put into place!

EUROPE

It is thought that the popular tradition of kissing at midnight on New Year's was created by the Europeans as a way to ward off evil spirits. According to current folklore, kissing somebody at midnight may lead to a year of good luck and love!

CHINA

In China, fireworks are set off as a way to ward off evil spirits and misfortune. The Chinese observe the Lunar New Year, which will take place on February 15th.

LATIN AMERICA

In some Latin American countries, it is believed that the color of your underwear will influence the year ahead. Yellow for success and prosperity, red for love and romance, white for peace and harmony, and green for health and well-being!

SPAIN

In Spain, some folks believe that eating 12 grapes, beginning at the stroke of midnight, will lead to having 12 months of good luck.

PORTUGAL

Portugal has many traditions, but one popular one is to make sure you have money in your hand at midnight to ensure prosperity in the coming year.

PHILIPPINES

In the Philippines they believe in wearing polka dots, as the circle represents prosperity. Also, coins kept in pockets are jingled as a way of attracting wealth.

Source: USA Today

2017: A YEAR IN REVIEW

A look back at the events that made 2017 one of most impactful years in recent history



January 20, 2017

Donald Trump is inaugurated as the 45th President of the United States of America, and Mike Pence as the 48th Vice President.



February 5, 2017

The New England Patriots defeat the Atlanta Falcons 34-28 during Super Bowl LI at NRG Stadium in Houston, TX.



March 14, 2017

Muirfield, one of the world's oldest golf clubs in Scotland, votes to admit women as members for the first time in 273 years.



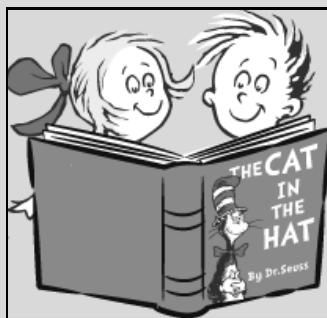
April 1, 2017

Bob Dylan receives his Nobel prize for Literature at a private ceremony in Stockholm.



May 10, 2017

Apple becomes the first company to be worth more than \$800 billion.



June 3, 2017

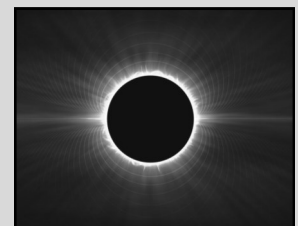
The Amazing World of Dr. Seuss Museum opens in Springfield, MA.



TESLA MOTORS

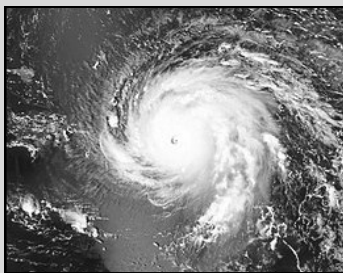
July 7, 2017

Tesla Motors produces its first mass-market car, the Model 3.



August 21, 2017

A total solar eclipse was visible in a band across the entire contiguous United States for the first time since 1918, and will not occur again until 2024.



September 5, 2017

Hurricane Irma becomes the most powerful Atlantic Ocean hurricane in recorded history with winds of 185mph.



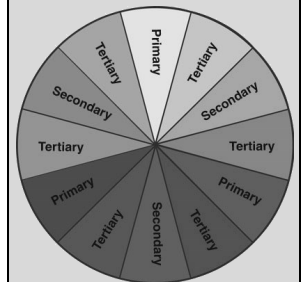
October 26, 2017

US President Donald Trump declares the opioid crisis a public health emergency.



November 27, 2017


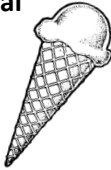

Britain's Prince Harry and American actress Megan Markle announce their engagement.



December 7, 2017

Pantone's 2018 Colour of the Year is Ultra Violet.

JANUARY 2018 CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 NEW YEAR'S DAY Senior Center Closed</p> 	<p>2 8am - 7pm: Billiards 8am: Guitar 9am-12pm: SHINE 10am: Basic Yoga 12pm: BESG Luncheon 1pm: Pitch</p>	<p>3 9am: Bridge 10am: Chorus 10am: Men's Group 11am: Motion to Music 1pm-4pm: Billiards 1pm: Bingo</p>	<p>4 8am-4pm: Billiards 10am: Yogalates 11am: TRIAD 11:15am: Bereavement Support Group 1pm: Mahjong</p>	<p>5 8am - 12pm: Billiards 9am: Cribbage 9:30am: Zumba/Core 10:30am: Chair Exercise 12pm: Canasta 1pm: Tai Chi</p>
<p>8 8am-4pm: Billiards 9:00am: Knitters/Quilters 9:30am Chair Volleyball 10am-12pm: Blood Pressure Clinic 10:30am: Chair Exercise 1pm: Poker 1pm: Conv. Italian</p>	<p>9 8am - 7pm: Billiards 8am: Guitar 9am-12pm: SHINE 10am: Basic Yoga 1pm: Pitch 1pm: COA Board Mtg. 1:30 pm: Ottoman Empire</p>	<p>10 9am: Bridge 10am: Chorus 10am: Men's Group 11am: Motion to Music 1pm-4pm: Billiards 1pm: Bingo</p>	<p>11 8am-4pm: Billiards 10am: Yogalates 1pm-4pm: Billiards 1pm: Mahjong 1pm: New Year's Ice Cream Social</p> 	<p>12 8am - 12pm: Billiards 9am: Cribbage 9:30am: Zumba/Core 10:30am: Chair Exercise 12pm: Canasta 1pm: Tai Chi</p>
<p>15 MARTIN LUTHER KING JR. DAY Senior Center Closed</p> 	<p>16 8am - 7pm: Billiards 8am: Guitar 9am-12pm: SHINE 10am: Basic Yoga 1pm: Pitch 1:30 pm: Ottoman Empire</p>	<p>17 9am: Bridge 10am: Chorus 10am: Men's Group 11am: Motion to Music 1pm-4pm: Billiards 1pm: Bingo 2-4pm: Legal Consultations</p>	<p>18 8am-4pm: Billiards 10am: Yogalates 10am-12pm: Financial Consultations 11:15am: Bereavement Support Group 1pm: How to Make a Fleece Blanket 1pm: Mahjong</p> <p style="text-align: center;"><i>BESG Foxwoods Trip</i></p>	<p>19 8am - 12pm: Billiards 9am: Cribbage 9:30am: Zumba/Core 10:30am: Chair Exercise 12pm: Canasta 1pm: Tai Chi</p>
<p>22 8am-4pm: Billiards 9:00am: Knitters/Quilters 9:30am Chair Volleyball 10:30am: Chair Exercise 1pm: Poker 1pm: Conv. Italian</p>	<p>23 8am - 7pm: Billiards 8am: Guitar 9am-12pm: SHINE 10am: Basic Yoga 1pm: Pitch 1:30 pm: Ottoman Empire</p>	<p>24 9am: Bridge 10am: Chorus 10am: Men's Group 11am: Motion to Music 1pm-4pm: Billiards 1pm: Bingo</p>	<p>25 8am-4pm: Billiards 10am: Yogalates 12pm: BESG Birthday Party 1pm: Mahjong</p>	<p>26 8am - 12pm: Billiards 9am: Cribbage 9:30am: Zumba/Core 10:30am: Chair Exercise 12pm: Canasta 1pm: Tai Chi</p>
<p>29 8am-4pm: Billiards 9:00am: Knitters/Quilters 9:30am Chair Volleyball 10:30am: Chair Exercise 11am: Book Club 1pm: Poker 1pm: Conv. Italian</p>	<p>30 8am - 7pm: Billiards 8am: Guitar 9am-12pm: SHINE 10am: Basic Yoga 1pm: Pitch 1:30 pm: Ottoman Empire</p>	<p>31 9am: Bridge 10am: Chorus 10am: Men's Group 11am: Motion to Music 1pm-4pm: Billiards 1pm: Bingo</p>	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p><i>To sign up for programs and events, please stop by the front desk or call the Senior Center at 508-966-0398</i></p> </div>	

Bellingham COA Senior Center
40 Blackstone Street
Bellingham, MA 02019

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