

# Dracut Senior Center Newsletter

January 2018

*Never too Old to be Young*

951 Mammoth Road, Dracut MA, 01826 978-957-2611

## Senior Center Hours

Monday - Friday  
8:00 AM to 4:00 PM  
January 8<sup>th</sup> & 29<sup>th</sup> until 6:00 PM

## Dracut Veterans Services

Lynette Gabrila  
lgabrila@dracutma.gov  
978-856-5007

## Senior Center Staff

### Executive Director

Bethany Loveless  
bloveless@dracutma.gov

### Social Services Coordinator

Donna Houston  
dhouston@dracutma.gov

### Activities & Volunteer Coordinator

Anita Chartier  
achartier@dracutma.gov

### Clerk/Bookkeeper

Pat Cahill  
pcahill@dracutma.gov

### Transportation Coordinator

Debra Lasorsa  
dlasorsa@dracutma.gov

### Bus Drivers

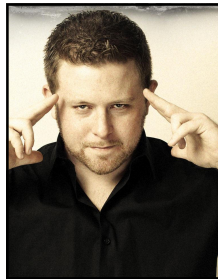
In Town - Robert Bleicher  
Local Medical - Louanne Brady  
Local Medical - Jim Politi  
Distance Medical - David Myers

**Custodian** - Gertrude Frechette

**Custodian** - Charlene Keough

### Nutrition Program

Meal Site Manager - Debra Lasorsa  
Meal Site Aid - John Jeray



## Mind Reader Christopher Grace

"The Man Who Knew Too Much"

**Tuesday, January 23<sup>rd</sup> at 12:00 PM**

Join us for entertainment unlike anything we typically offer, a show by a nationally known mentalist! Feel like you are in the audience of *America's Got Talent* as Christopher combines mind reading, magic, and comedy in his performance. Prior to the show will be a lunch of baked potato bar with soup.

Lunch is a suggested donation of \$4. RSVP 978-957-2611.

**Thank you to our Sponsor: Dracut Cultural Council**

## Paint n' Fun - Spring Flowers

**Tuesday, January 30<sup>th</sup> at 11:00 AM**

Artistic ability not required! \$25/person all supplies included. Please wear an old shirt or smock. To RSVP: 978-807-7608 or Joanisa@comcast.net.



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**Holiday Brunch held on Friday, December 15<sup>th</sup>, 2017**  
Thank you to the kindergarteners from the Brookside Elementary School for entertaining a packed house. Left photo curtesy of June Matson, Tai Chi instructor.





## *Featured Events - Call 978-957-2611 to Register*

### **Veterans Breakfast**

**Tuesday, January 2<sup>nd</sup> at 9:00 AM**

**Sponsored by Charlene Keough**

Breakfast is open to veterans, their families, and those interested in veteran's affairs.

### **Gratitude is an Attitude**

**With Brownie Sundae Dessert**

**Tuesday, January 16<sup>th</sup> at 12:00 PM**

Learn the seven benefits of being grateful and finding happiness through being thankful for what we have. As we age, we sometimes get angry, sad or depressed. We lose friends, family members, and the ability to move like we once did in our youth. We may even move to a smaller home, down size on our possessions, give up our driver's license and battle illness. With all this loss, today's conversation is aimed to help us laugh, enjoy each other's company, and help us find that happiness that has been within us all along.

**Thank You to our Event Sponsor:**



### **Mini Tarot Card Reading**

**Tuesday, January 16<sup>th</sup> at 11:00 AM**

A great opportunity to try a reading! Feel free to bring questions, pictures and recording devices. Walk ins welcome. Prepay reservations have priority. Call Joanie at 978-807-7608 to prepay (major credit card). Mini readings are 15 minutes. \$15/per person

### **Snowy Owl Workshop**

**Thursday, 18<sup>th</sup> at 10:00 AM**

\$5.00/person, all materials included.  
Fee collected at registration.



### **Fraud Prevention**

**Thursday, January 25<sup>th</sup> at 10:00 AM**

The Better Business Bureau and MA Office of Consumer Affairs presents this Scams & Fraud Prevention program that will cover the most common scams currently circulating the community, the major "red flags" to watch out for, and the precautionary steps we can take to protect ourselves from falling victim.

### **Breakfast & Brown Bag Pharmacy**

**Tuesday, January 30<sup>th</sup> at 9:00 AM**

**Sponsored by Health Care  
Family Pharmacy**



Ever wonder if your prescriptions have negative interactions? Ever want to have a real conversation about prescription side effects, but found the pharmacy setting impersonal, rushed, and not private? Bring all your prescriptions in with you (with original Rx bottles) and staff from Health Care Family Pharmacy will check for Rx interactions and answer your questions. This service is accompanied by a free breakfast.

## *Save the Dates*

February 6 <sup>th</sup>	Veterans Breakfast
February 13 <sup>th</sup>	Mardi Gras Party
February 20 <sup>th</sup>	Valentines Day Party
March 6 <sup>th</sup>	Veterans Breakfast
March 16 <sup>th</sup>	St Patrick's Day Party
April 4 <sup>th</sup>	AARP Driver Safety Training
April 17 <sup>th</sup>	Juggler, Grandchildren Welcome!



**Join the 500+ who receive the newsletter via email!**

Email [bloveless@dracutma.gov](mailto:bloveless@dracutma.gov) to be added to the list.



**Follow us on Facebook:**

Dracut Council on Aging

**Places to Pick Up the Newsletter:** Alexander's Pharmacy, Dracut Senior Housing, Hannaford's, Market Basket, CVS (Lakeview Ave), Martha's Family Diner, Dracut Police Station, Dracut Town Hall, Primo's, Jeanne D'Arc Credit Union (Lakeview Ave), Lucky Oil Burner Service, Bobola's Restaurant, MV Chiropractic (Bridge St), M.G. Parker Memorial Library, Plaza Cleaning Center, Shaw Farm, St. Mary Magdalene Church, Tedeschi's (Mammoth Rd), The Club House (Skyline Dr), Dracut True Value, St. Francis Parish, Washington Savings Bank (Broadway Rd), Dracut Barber Shop, Village Inn, St. Marguerite D'Youville Parish, Elite Creations.

## *Wish List*

- Bottles of Soda / Water
- Out of Season Napkins
- Glue Gun Sticks (low temp)
- Paper Towels & Tissues
- Tea Bags (Individual Wrapped)
- Large Cans of Coffee (Reg & Decaf)

## *Thank You*

Pat McGovern - Front desk candy  
 Claire James - Plant, & Store items  
 Linda Howe - Misc. items for store  
 Scott Davis - 3 walkers  
 Carol Borst -Christmas items  
 Karen Briere -Napkins & books  
 Arlene Murphy -Craft supplies  
 Bettyanne Richardson -Store items  
 John Givens -Adult feeding formula  
 Donna Roark - Annalee Dolls & A tea set  
 Ruth Ann Ellis - Store items  
 Frances Carter - Store items  
 Fram Desmarais - Soda  
 Richard Harvey -Dominos  
 Kate McDonough - Christmas & Store items  
 Sandy Berube - Store items  
 Joan Gray - Pine cone & craft Supplies  
 David Pappaconstontinou - Quilt Rack  
 Irene McGrath - Rollator  
 Ernie Cates - Front desk candy  
 Lorraine Bergeron - Store Items  
 Ray Carrignan - Tea Bags  
 Peggy Gavier - Store Items  
 Dorothy Cheney - Paper Towels & T.P.  
 Theresa Richards - Store clothing  
 Jack & Betty Bonin - Homemade cookies

## *Dracut Senior Club*

The Dracut Senior Citizen's Club is a social club open to any senior age 60+ regardless of where you reside. Membership is \$5.00.

### **Member Meetings**

**Wednesday, January 10<sup>th</sup> & 24<sup>th</sup>**

Meetings held at the Dracut Senior Center from 1:00 to 3:00 PM. An optional Bingo game follows each meeting.

### **Valentine Dinner Dance**

**Wednesday, February 21<sup>st</sup> at Lenzi's**

## *Cinema at the Center*

### **Tuesday Afternoon Movies**

**Lunch 11:30 AM, Movie 12:00 PM**

**January 2<sup>nd</sup> *Stronger* Rated: R**

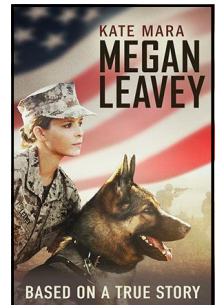
Inspirational true story of Jeff Bauman, who lost both legs during the Boston Marathon bombing.

**January 9<sup>th</sup> *The Mountain Between Us***

Rated: PG 13 Two strangers embark on a dangerous trek to safety after their chartered flight crashes on a remote snowy mountain in Utah. Along the way, the pair begin to develop feelings for each other as they try to stay alive in this stirring romantic adventure.

**January 30<sup>th</sup> – *Megan Leavey* Rated: PG 13**

Based on the true story of a young marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq. When she is assigned to clean up the K9 unit after a disciplinary hearing, She identifies with a particularly aggressive dog, Rex, and is given the chance to train him. Megan and Rex completed more than 100 missions until an IED explosion injures them, putting their fate in jeopardy.



### **Monday Evening Pizza & Movies**

**3:30 PM, Cost \$5/person**

**January 8<sup>th</sup> – *Kidnap* Rated: R**

A typical afternoon in the park turns into a nightmare for single mother, Karla, when kidnappers snatch her young son, Frankie. Karla jumps into her car to follow the vehicle that holds Frankie. As the pursuit turns into a frantic, high-speed chase, Karla must risk everything and push herself to the limit to save her beloved child.

**January 29<sup>th</sup> – *Only the Brave* Rated: PG 13**

In this powerful drama based on a true story, a firefighting team in Arizona known as the Granite Mountain Hotshots becomes one of the country's most elite units and is deployed against a massive conflagration in 2013 that threatens their town.

## *Ongoing Activities*

### Health, Fitness & Wellness

**Health Clinics** - Thursdays 1:30 to 3:45 PM  
Drop in to see Circle Home RN Nancy Harding, for blood pressure and/or blood sugar checks, weight monitoring and general consultations.

**Gentle Stretching** - Mondays at 9:00 AM *No Cost*  
Lead by Town & Country staff, a gentle head to toe stretch. Sitting and standing, or all sitting.

**Weekly Walking Group** - Tuesdays 10:30 AM *No Cost* Led by Tom Salem JR. Departs the Senior Center and is a 1 mile walk (about 20 min). Walking shoes, sun protection & water suggested.

**Chair Massage** - January 4<sup>th</sup> & 18<sup>th</sup> 10 AM to 1 PM  
Susan from Pure Salon will be here to give 10 minute chair massages. Cost is \$10.

**Intro to Line Dancing** - Fridays 9 AM \$3/ *class*  
An easy and enjoyable way to learn what you see on TV. No line dancing experience needed.

**Energetics** - Tues. & Thurs. 9 AM \$20/ *month*  
Upbeat class with a mix of cardio and strength training.

**Qigong & Tai Chi** - Wednesdays 10 AM \$5/ *class*  
Improves blood pressure, cardiovascular health, sleep, balance, and more.

**Bone Builders** - Pre-registration is required, see COA staff for details. Currently all classes have a wait list.

**Meditation** - Wednesdays 11:15 AM *No Charge*  
Quiet your mind, relax the body, improve focus.



**Rehab 365**

**Mind & Body Fitness -**  
**Wednesdays at 9 AM**  
Hosted by Rehab 365.

Classes will alternate between physical and mental exercises and end with a short group chat. A mini strength assessment will be used so you can evaluate your progress as a result of this 6 week class. \$5/class.

**New Session to Start Soon - Register at Front Desk.**

### *Second Hand Rose*

#### **Thrift Shop**

Open Daily at the Dracut Senior Center.  
Donations of new/gently used, clean items arrive daily and are greatly appreciated.

General Public Welcome  
All proceeds benefit the Friends.

### Social & Educational

**Beginner's Computer** - Wednesdays 9 to 11 AM.  
Individualized attention as you learn in a comfortable environment. \$15 for an 8 weeks.

**Grief Group** - First Monday Monthly, 1 PM

### Music, Arts & Crafts

**Coloring Club** - Tuesdays & Thursdays at 10 AM.  
Supplies provided, No charge!

**Chat & Stitch** - Tuesdays at 12:30 PM. Bring your knitting, crocheting, needlepoint and stitch with friends. Novice and experienced welcome. No charge.

**Art with Joan** - Wednesdays from 12 to 2 PM. \$60/ 8 weeks. Join studio owner Joan Turner as you paint or draw. Bring your supplies and the piece you are working on. Supported by the Dracut Cultural Council.

### Cards & Games

**Dominos (Muggins)** - Wednesdays at 10 AM. New Activity! This game is easy to learn and both new and experienced players are welcome to join in.



**Cribbage** - Fridays at 12 PM

**Bingo** - Mondays & Thursdays at 1 PM

**Mahjong** - Thursdays at 1 PM

**Billiards / Pool** - Most Days at 1 PM

### *Council on Aging Board*

**Next Meeting - All Welcome!**

**Tuesday, January 2<sup>nd</sup> at 10:00 AM**

The Dracut Council on Aging Board provides advise and guidance for the COA Director and the Senior Center. Board meetings are open to the public.

#### **Chairperson**

Lt. Mike Fleury

#### **Vice Chairperson**

Ann Casey

#### **Secretary**

Alison Hughes

#### **Members**

Louis Darvirris

Omer Matte

Chet Pater

Gerald Surprenant

**More Members Wanted!**  
**See Bethany for details.**





**Senior Center Closures:** If the Dracut schools are closed because of weather, the Senior Center is also closed for all activities. While we will make every effort to deliver Meals on Wheels and provide medical transportation, cancellations may be necessary. If so, we will notify MOW recipients, and those scheduled for medical rides, of the cancellation. The Center is also closed during any state of emergencies.



**Volunteer Meals on Wheels Drivers Needed:** The Dracut Senior Center, in partnership with Elder Services of the Merrimack Valley, is looking for volunteer MOW drivers. Even just 1 day a week, from 10:30 to 12:30, is a huge help! For many of our seniors, the MOW driver is the only person they see all day. It is a physically active and rewarding position. A small stipend is paid to the volunteer drivers to put toward your gas usage. For more information call 978-957-2611.

# January 2018

For a full menu please see the Senior Center kitchen or front desk. MOW = Meals On Wheels entrée only.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Center Closed</b> <b>1</b> 	<b>2</b> 9:00 Grocery Shopping <b>Veterans Breakfast</b> 9:00 Energetics 10:00 Coloring Club 10:15 <b>COA Board Meeting</b> 10:30 Weekly Walkers 10:30 Bone Builders 11:30 Hamburger w/ Gravy <b>Movie: Stronger</b> 12:00 Chat & Stich 12:30 Bone Builders 1:00 Pool Players	<b>3</b> 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Baked Chicken 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players	<b>4</b> 9:00 Energetics 10 - 1 <b>Chair Massage</b> 10:00 Coloring Club 10:30 Bone Builders 11:30 Honey Garlic Pork 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy	<b>5</b> <b>Walmart &amp; Blue Angus</b> 9:00 Intro to Line Dancing 10:00 Bone Builders 11:30 Swedish Meatballs 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players
<b>8</b> <b>SHINE</b> 8:30 <b>Gentle Stretching</b> 9:00 Bone Builders <b>Hearing Screenings</b> 10:00 Senior Tap 11:00 American Chop Suey <b>Grief Group</b> 1:00 Bingo 1:00 Pool Players 3:30 <b>Pizza &amp; Movie: Kidnap</b> 4 to 6 <b>Center Open Late</b>	<b>9</b> 9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Weekly Walkers 10:30 Bone Builders 11:30 Chicken Pot Pie 12:00 <b>Movie: The Mountain Between US</b> 12:30 Chat & Stich 12:30 Bone Builders 1:00 Pool Players	<b>10</b> <b>Podiatry</b> 9:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Breaded Fish 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players 1:00 <b>Senior Club Meeting</b>	<b>11</b> 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Ribeye 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy	<b>12</b> <b>Target &amp; T Bones</b> 9:00 Intro to Line Dancing 10:00 Bone Builders 11:30 Turkey w/ Gravy 12:00 Cribbage's Holiday Party 12:30 Bone Builders 1:00 Pool Players

Center Closed <i>The time is always right to do what is right.</i> -Martin Luther King Jr.	<b>15</b> 9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Weekly Walkers 10:30 Bone Builders 11:00 <b>Tarot Card Readings</b> 11:30 Hot Dog 12:00 <b>Gratitude Presentation</b> 12:30 <b>Brownie Sundaes</b> 12:30 Chat & Stich 12:30 Bone Builders 1:00 Pool Players	<b>17</b> 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Chicken Fijitas 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players	<b>18</b> 9:00 Energetics 10 - 1 <b>Chair Massage</b> 10:00 Coloring Club 10:00 <b>Craft Workshop</b> 10:30 Bone Builders 11:30 Pot Roast 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy	<b>19</b> 9:00 <b>Christmas Tree &amp; 99</b> 9:00 Intro to Line Dancing 10:00 Bone Builders 11:30 Macaroni & Cheese 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players
<b>22</b> 8:30 <b>SHINE</b> 9:00 <b>Gentle Stretching</b> 10:00 Bone Builders 10:30 <b>Rep. Garry</b> 11:00 Senior Tap 11:30 <b>Senator L'italien</b> 11:30 Nancy's Chicken 1:00 Bingo 1:00 Pool Players	<b>23</b> 9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Weekly Walkers 10:30 Bone Builders MOW Meatloaf 12:00 <b>Traveling Chef Lunch</b> 12:00 <b>Mentalist</b> 12:30 Chat & Stich 12:30 Bone Builders 1:00 Pool Players	<b>24</b> 8:15 <b>Friend's Meeting</b> 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Vegetable Frittata 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players 1:00 <b>Senior Club Meeting</b>	<b>25</b> 9:00 Energetics 10:00 <b>Fraud Prevention</b> 10:00 Coloring Club 10:30 Bone Builders 11:30 Pulled Pork 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy	<b>26</b> 9:00 <b>Windham Junction Gifts + Kitchen</b> 9:00 Intro to Line Dancing 10:00 Bone Builders 11:30 Seafood Newburg 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players
<b>29</b> 8:30 <b>SHINE</b> 9:00 <b>Gentle Stretching</b> 10:00 Bone Builders 11:00 Senior Tap 11:30 Turkey Casserole 1:00 Bingo 1:00 Pool Players 3:30 <b>Pizza &amp; Movie: Only the Brave</b> 4 to 6 Center Open Late	<b>30</b> 9:00 Grocery Shopping 9:00 <b>Brown Bag Pharmacy</b> 9:00 Energetics 10:00 Coloring Club 10:30 Weekly Walkers 10:30 Bone Builders 11:30 Lasagna Meat Sauce 11:00 <b>Paint n' Fun</b> 12:00 <b>Movie: Megan Leavey</b> 12:30 Chat & Stich 12:30 Bone Builders 1:00 Pool Players	<b>31</b> 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Breaded Chicken Patty 12:00 Art Class 1:00 Bone Builders 1:00 Pool Players	<b>Feb 1</b> 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Lunch 1:00 Bingo 1:00 Mahjong 1:00 Pool Players 1:30 Nurse Nancy	<b>Feb 2</b> 9:00 <b>Walmart &amp; Mama's</b> 9:00 Intro to Line Dancing 10:00 Bone Builders 11:30 Lunch 12:00 Cribbage 12:30 Bone Builders 1:00 Pool Players

## Available Support

- Extended Appointment Hours
- Elder Service referrals
- SNAP (Food Stamps) Application Help
- Outreach to the Homebound
- File of Life & 911 Disability Forms
- Fuel Assistance Application Help
- SHINE - Health Insurance Counseling
- Wellness Calls
- In Home Care Referrals
- Safelink & Assurance Phone Info.
- Social Security Assistance

## Durable Medical Equipment Loan

### Equipment Loan Program

Mondays - Fridays 9:00 AM to 3:30 PM

The Dracut Senior Center makes available Durable Medical Equipment such as the equipment listed below. Our inventory is 100% dependent on donations. What we have available is never the same one day to the next.

*The Town of Dracut is not responsible for any accident or harm from the use of this loaned equipment.*

### Donations Accepted

Mondays - Fridays 9:00 AM to 3:30 PM

The Dracut Senior Center accepts donations of durable medical equipment that is clean, sanitized, and in good working order.

### Currently we need more

- Rollators
- Wheelchairs
- Transport Chairs
- Shower Chairs
- Tub Benches



### Currently we have plenty:

- Commodes
- Walkers
- Crutches

## Outreach & Social Services

Donna Houston, Social Services Coordinator

978-957-2611 dhouston@dracutma.gov

### Thinking of Getting a Disability Placard? Eligibility Guidelines...

To obtain disability plates, a placard or a disability veteran plate, you must be a Massachusetts resident. A Massachusetts registered and licensed physician, chiropractor, registered nurse, physician's assistant, osteopath, optometrist (for legally blindness only) or podiatrist must certify that you meet one of the following conditions:

- Cannot walk 200 feet without stopping to rest.
- Cannot walk without the assistance of another person, prosthetic aid or other assistive device.
- Are restricted by lung disease to such a degree that your forced (respiratory) expiratory volume (FEV) in 1 second, when measured by spirometry, is less than 1 liter.
- Use portable oxygen.
- Have a Class III cardiac condition according to the standards set by the American Heart Association.
- Have a Class IV cardiac condition according to the standards set by the American Heart Association. A customer in this condition must surrender their license.
- Have Class III or Class IV functional arthritis according to the standards set by the American College of Rheumatology.
- Have Stage III or Stage IV anatomic arthritis according to the standards set by the American College of Rheumatology.
- Have been declared legally blind (must attach copy of certification). A customer in this classification must surrender their license.
- Have lost one or more limbs or permanently lost the use of one or more limbs.

Ask your doctor if you think you may qualify under any other conditions. To be eligible for a temporary placard or plate, your medical professional must certify that your disability is predicted to last at least 2 months.





## Outreach & Social Services



### Who Can Complete the Disabled Parking Application?

For purposes of certifying the Disabled Parking Application, a medical professional is defined as a Medical Doctor, Optometrist, Chiropractor, Podiatrist, Registered Nurse or Physician Assistant who holds a current, valid license to practice in the Commonwealth of Massachusetts.

**Registry of Motor Vehicles**  
(857) 368-8000

**Outside Massachusetts**  
(800) 858-3926

**For people who are deaf or hard-of-hearing (in MA)**  
TTY: (877) 768-8833

## Veteran's Corner

**Lynette Gabrila, Dracut Veteran's Service Officer**  
978-455-1349 Mobile - 978-856-5007 lgabrila@dracutma.gov

### Dracut Veteran ID Cards Offer Area Discounts

Are you a Veteran (including National Guard & Reserves) and a Dracut resident? Then come down and get your Dracut Veteran ID Card for local discounts! Call me for an appointment. Below are the businesses and organizations currently participating in the program:

Brandon Sweeney: RE/MAX REALTOR, CMHS	
Brother's Sports Bar & Grille	
LAER Realty Partners / Team Barrett/Caouette	
Mercier Electric & Communications, Inc.	
Owen and Ollie's Restaurant & Pub	
Dracut Auto Performance	Advance Auto Parts
Dracut Tire Shop	All Land Law
Farmer Dave's	Athena's Boutique
Fatima's Hair Designs	Avoid Fire
Fearon's Auto & Paint Supply	Blue Angus Café
Heav'nly Donuts	Brickhouse Dracut
Kenwood True Value Hardware	Brother's Pizza
Lanxang Star	Brox Farm Stand
Law Offices of Colleen M. Garry	Nails by Christina
Lo Kai	Primo Pizza
M.L. Shaws Restaurant & Gifts	R.R. Radiator Towing
Tre Chic Hair Salon & Shoppe	Rain or Shine Painting
The Arbors of Dracut	Salon Alison
	Talk of the Town

## By Appointment...

Call 978-957-2611 to make an appointment with services listed below.

### SNAP

**Tuesdays from 9:30 to 10:30 AM**

Appointments with retired DTA Professional, Jocelyn Allore, for assistance with applications and renewals. (SNAP was formally called Food Stamps.)

### SHINE

**Mondays from 8:30 to 11:30 AM**

SHINE (Serving the Health Insurance Needs of Everyone) provides free, impartial health insurance information.

### Social Security Help

Appointments with retired Social Security Professional, Kathy Gosselin, for advice and questions regarding SS benefits.

### Fuel Assistance

**Mondays & Wednesdays**

Appointments with retired Fuel Assistance Professional, Claire Wuolle, for assistance with applications and renewals.

### Hearing Screenings

**Monday, January 8<sup>th</sup> 10 AM to 12 PM**

Appointments with Chris Streeter from Affordable Hearing to have your hearing checked and hearing aids checked/cleaned.

### Podiatry - Footcare Focus

**Wednesday, January 10<sup>th</sup> 9 AM to 1 PM**

Appointments with Sarah Kinghorn, BSN, RN, CFCN for foot assessments, toenail trimming/filing, non-surgical reduction of callus's/corns, and foot massages. Sessions are 30 minute and cost \$35 per session.

## Drop In...

A member of the Senator or Representative's office will be on hand to answer questions, take feedback, and talk about state and local issues.

### Representative Colleen Garry

Monday, January 22<sup>nd</sup> at 10:30 AM

### Senator Barbara L'Italien

Monday, January 22<sup>nd</sup> at 10:30 AM

## Friends of the Dracut Elderly

### Friends Trips

**Friends Trip Coordinator:**  
**Carol Gavriel - 978-957-5527**

Below trips are offered by the Friends of the Dracut Elderly and not the Dracut Senior Center. While, Senior Center staff can accept incoming "mail" for Friends, the Senior Center cannot guarantee trip spaces or hold spots. Friends trips are open to Friends Members only because they are offered at a reduced rate made possible by an endowment and the fundraising efforts of the Friends. Membership \$3/ year.



**Jersey Boys at the Hanover**  
**Sunday, March 18<sup>th</sup>**

They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard... and the radio just couldn't get enough. But while their harmonies were perfect on stage, off stage it was a very different story - a story that has made them an international sensation all over again. This is the true story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide - all before they were 30! Jersey Boys features hit songs "Sherry," "Big Girls Don't Cry," "Rag Doll," "Oh What a Night" and "Can't Take My Eyes Off You."

Prior to the show we will enjoy lunch at the 99 Restaurant in Worcester. Choose broiled sirloin tips, chicken parmigiana, or baked scrod. All choices come with bistro salad, dessert, and drink.

Bus departs the Senior Center at 9:45 AM and will return around 5:00 PM. Cost is \$63 and includes transportation, lunch, show, and gratuities. Sign ups open Wednesday, February 28<sup>th</sup> immediately following the Friends meeting. Tickets may be purchased for yourself and one other person.

### Honorary & Memorial Gifts

A gift to the Friends of the Dracut Elderly is the perfect way to honor the memory of a friend or loved one. Donations may be made in any amount. Once received, a personalized note will be sent in your name to the honoree or family member notifying them of your kind gesture. Additionally, you will receive a letter documenting your tax-deductible contribution. The Friends is a 501(c)(3) non-profit organization.

### Friends News & Events

The Friends Group is a private non-profit which raises money to support COA activities as well as provide assistance for Dracut seniors in need. Membership is open to all, \$3 a year. To become a member, please attend our next meeting or see Senior Center office staff.

**Next Meeting Open to All**  
**Wednesday, January 24<sup>th</sup> at 8:15 AM**

**Upcoming 2018 Friends Trips**  
*Exit Laughing* at the Newport Playhouse  
Sunday, May 6<sup>th</sup>

**2018 Friend's Foxwood Trips**

Cost is \$30.

Contact Carol at 978-957-5527 for details!

Tuesday, March 27<sup>th</sup>

Sign ups begin March 5<sup>th</sup> at 9:00 AM

### 2018 Dues



Its time to pay your 2018 dues! It does not matter when in 2017 you last paid your dues. Friends membership expires on December 31<sup>st</sup>, 2017. Membership can be paid at a Friends meeting or at the Senior Center front desk.

Show that you support the Friends' efforts:

- Enriching & affordable trips
- Financial support of Senior Center fitness/wellness programs.
- Sponsorship of Senior Center events
- Improving Senior Center equipment
- Financial assistance for seniors in need

It only takes \$3/year to show your support!

### Friends Board Members

Carol Gavriel, President  
Patricia Merrill, Vice President  
Linda Tamvaklis, Treasurer  
Michael Langlois, Secretary  
Barbara Dickinson  
Mark Ivos



## Featured Excursions

Pick-ups begin at 9:00 AM unless otherwise noted.  
 Bus fare - \$5 round trip for the following trips unless noted.  
 Sign-ups open Tuesday, January, 2<sup>nd</sup> at 9:00 AM.

### Friday, January 5<sup>th</sup> - Walmart & Blue Angus

After all the hustle and bustle of the holidays, life is back to normal. Enjoy some shopping for yourself and have lunch back in town.

### Friday, January 12<sup>th</sup> - Target & T-Bones

**Friday, January 19<sup>th</sup> - Christmas Tree & The 99,**  
 Salem, NH. With Valentine's Day just around the corner shopping at the Christmas Tree you can get all your sweets for your sweets!!



### Friday, January 26<sup>th</sup> - Windham Junction Gifts & Kitchen, Windham, NH

"A country feel with a whimsical twist" is how this gift shop is described. The country store is filled with original arts and crafts from local artists and the restaurant serves soups, salads and sandwiches.

### Friday, February 2<sup>nd</sup> - Walmart & Mama's

## Upcoming Trips

Reservations for the below trips open Thursday, February 1<sup>st</sup> at 9:00 AM and are accepted until the trip fills.

**Friday, February 9<sup>th</sup> - Kohl's/Burlington Coat Factory & Parker's Maple Barn**

**Friday, February 16<sup>th</sup> - Big Lots/Home Goods & Lilac Blossom**

**Friday, February 23<sup>rd</sup> - Dollar Tree & Olive Garden**

**Friday March 2<sup>nd</sup> - Walmart & ML Shaw's**

## Dracut COA Buses

Debra Lasorsa, Transportation Coordinator  
 dlasorsa@dracutma.gov

**Reservations call 978-957-2611**

### Local Shopping/Social Trips

**Mondays - Thursdays: 8:30 AM to 3:30 PM**

**Principle Driver - Robert Bleicher**

Shopping and errands around Dracut including to the senior center, grocery shopping (Tuesdays), adult day health programs, hair appointments, pharmacies, banking, and visiting friends.

Reservations: no later than 12:00 PM the business day prior to your trip.

Bus Fare: \$2 round trip (within Dracut)

### Local Medical Trips

**Mondays - Fridays: 8:30 AM to 2:00 PM**

**Principle Drivers -**

**Louanne Brady & Jim Politi**

Reservations: no later than 2 business days prior. However, you are encouraged to book your medical trip as soon as you make your doctor's appointment. Scheduling is done on a first come, first serve basis.

Bus Fare:

Dracut	\$2 round trip
Lowell	\$4 round trip
Chelmsford	\$5 round trip
Limited Tewksbury	\$5 round trip

### Distance Medical Trips

**Mondays - Fridays: 11:00 AM to 1:00 PM**

**Principle Driver - David Myers**

Reservations: no later than 3 business days prior. However, you are encouraged to book your medical trip as soon as you make your doctor's appointment. Scheduling is done on a first come, first serve basis.

Bus Fare:

Winchester	\$20 round trip
Greater Boston/Waltham	\$20 round trip
Burlington/Bedford area	\$15 round trip
Peabody/Danvers	\$20 round trip
Andover/Lawrence	\$10 round trip
Billerica/Tewksbury Center	\$10 round trip
Greater Nashua	\$10 round trip
Westford	\$10 round trip

## Transportation Punch Card

A \$25 transportation punch card is available for sale at the COA front desk and on the bus.

Cost is \$20 (a \$5 savings)