

The Spirit of Bellingham

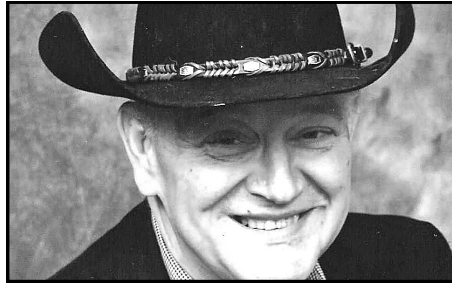
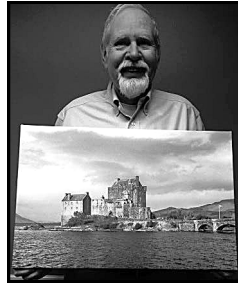
*Council on Aging
December '18 Newsletter*

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SPOTLIGHT:

Artists of the Senior Center



Earth without art is just “eh.”

So the Bellingham Senior Center is creating space for local artists to display their personally created paintings and arts and crafts. Four of them are pictured above (from left, Fred Milgram, Jim Justice, Darrell Crow and Ginny Leclaire).

If you are over 60 years of age or a person with disabilities, then you are invited to join us in sharing your most inspiring work.

“I’ve been appointed to promote and organize this opportunity,” explains Fred Milgram who has had some of his own work hanging at the Senior Center in the dining room.

Fred started his art journey as a doodler “as a form of exercise, to relieve the strains of business.” Before long, his doodles and drawings were colored. “Then I refined and copied the ones I liked best on to stretched canvases and painted them with acrylic paint.” (article continues on next page)

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

Monday, Tuesday (open until 7pm), Wednesday & Thursday 8am-4pm • Friday 8am-3pm

Josie Dutil, Executive Director • jdutil@bellinghamma.org • www.bellinghamma.org

2018 COA Craft Fair



Senior Artists

(cont'd. from front page)

“There is a belief that painting is a talent that only a few possess,” observes Ginny Leclaire. “This is not true. All you need is the desire, and the more you paint, the better at it you will become.”

Ginny went to a watercolor class three years ago and was hooked. “I have fun and find painting very relaxing and rewarding,” says Ginny.

Jim Justice is a photographer. “I like to take pictures of places I visit, landscapes that I see that have some particular interest, and various objects with lots of color like flowers and fall foliage. I’ve been taking pictures since I was a teenager, but only recently have I had the time to become a serious amateur.”

He has many of his photos transferred to canvas and then framed. “In my house, I have about 20 of them on the walls.” Some of Jim’s work, displayed below, is at the Senior Center. He has a Certificate of Photography from the Rhode Island School of Design.

“I’m comfortable where I am,” says Jim. “I’ll see where it leads... maybe to teaching someday.”

Each month, the work of a different Senior Artist will hang on the wall at the Senior Center. Jim’s work was up last month. In December, Joan Mallard’s oil paintings will be on display.

Says Ginny: “I am now exploring the world of oil painting through classes at the Center and my painting skills are improving.” She takes classes with Darrell Crow who has taught around the world and, over the years, has led thousands of students to discover the joys of painting. “If you can sign your name, then you can paint,” according to Darrell. He’ll be teaching Art Anyone Can Paint on December 5 and 12 at 1pm.

“I would like to expand our program to folks who are not necessarily artistic,” says Fred Milgram, “but who want to learn to share things in their lives with seniors at the Center.”



For more information about Senior Artists, contact Fred at (508) 966-4525 and, if necessary, please clearly leave your name and phone number.

Council on Aging

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 public Board Meeting will be held at noon on, Tuesday, December 4.

COA Officers and Board Members

Chair: Kay Page, *Vice-Chair:* Betty Willey, *Treasurer:* Tina Tyler, *Secretary:* Margaret Maxwell, *Board Members:* Michael Belleville, Ming Ming He, Tsune Roberts, *Associate Member:* Steve Racicot

Merry Christmas & Happy Hanukkah!

Such a beautiful time of year. The hustle & bustle of shopping to find that special gift, all the beautiful decorations, and of course the wonderful smells emanating from the kitchen of 'just baked' cookies. I love the excitement in the air at this time of year----it's magical.

I want to thank the Fair Committee and all who participated to help make the Fair so successful. The vendors, the workers, the men's group----we couldn't have done it without you! Thank you!

Circle the date (if you haven't already) December 11 on your calendar---the COA/BESG Christmas Party! Good food, good friends & good entertainment... all the ingredients for a great party. Be sure & sign up at the front desk.

If you live outside of Bellingham, and get our newsletter mailed to your home, it's time to renew your subscription. The cost is \$6.50 and you will continue to receive your copy in the mail every month in 2019.

Make the check out to the Bellingham Senior Center & drop it by the front desk.
Thank you!



Remember, the COA is the eyes, ears, and advocates for the senior community. If you have comments or concerns, please call the senior center.

Thank you,
Kay Page, Chair

HA... HA... HA...

and Josie's Shepard Pie

Few women admit their age; few men act it.

As I get older and remember all the people I've lost along the way. I think to myself maybe a career as a tour guide wasn't for me.

Remember how when you were little you could just rip off your diaper and run around naked and everyone thought it was funny?

Here's what you'll need and what to do with it:

2 large sweet potatoes peeled and chopped
8 oz bag of frozen peas
16 oz package of turkey burger
1 tablespoon of olive oil
1 onion chopped
2 cloves of garlic chopped
Salt, pepper to taste

Cook sweet potato and mash (I like to puree them with a mixer). Fry the onion in olive oil in a non-stick pan; add turkey burger and 2 cloves of garlic, salt and pepper. Once turkey burger is cooked, spread on the bottom of a 9" X 13" baking dish. Layer the bag of frozen peas on top of the meat, then spread mashed sweet potato on top. Spread 1 TBS of melted butter on top and then sprinkle with paprika. Bake at 350 degrees for 45 minutes – broil for last 2 mins.

NEW in December

ENHANCE FITNESS PROGRAM DEMO

Tuesday, December 18, 11:30am-12:30pm

Learn about this special program that has helped seniors across America to **reduce levels of pain and depression, and increase physical and social functioning**. Please sign up at the front desk.

DIABETES PREVENTION PROGRAM

Dates and times will be announced

The YMCA would like to start an evening program here at the Senior Center. If you have been diagnosed with pre-diabetes, and would be interested in this program, then please see our front desk.

SENIOR TURKEY LUNCHEON

Saturday, December 1. 11am and 1pm.

Two seatings — first at 11am, second at 1pm — at the Bellingham Senior Center; for town seniors and also Franklin seniors. **FREE**. Delicious turkey meal with all the fixins'! **Sponsored by Bellingham/Franklin Lions Club**. Our thanks to the Lions Club for hosting this annual event.

Reserve your seat by calling your Senior Center; transportation available.

LINE DANCING

Demonstration Class (especially for beginners)

Monday, December 3, 10:45am—11:45am

And then, beginning Monday, January 7, the Senior Center will offer a weekly, one-hour line dance class at 10:45am. Sign up at the front desk; it's **FREE!**



SENIOR SAFE

Winter/Storm Safety

Thursday, December 20, 10am

Brad Kwatcher, the Safe Coordinator for the Bellingham Fire Department, will wrap up his monthly series with an emphasis on how **seniors can be safer this winter** and deal successfully with the threat of stormy weather. Please call ahead to reserve your spot. **FREE**

OUR MISSION STATEMENT

The mission of the Bellingham Council on Aging is to serve older residents, caregivers, and younger disabled people who are in need of services and referrals. Programs are developed to benefit these individuals as well as to educate our community about the needs of its elderly.

Looking ahead...

COA/BESG CHRISTMAS PARTY 2018

Noon, Tuesday, December 11

Annual, catered party... and this year, Dr. Gary Hylander will offer an amusing take on Dicken's Christmas.

"We always have a great time," says Bill Eltzroth, BESG President, who puts on the Party in partnership with Kay Page and the COA. "Our meal will be baked stuffed chicken breast with all the fixins."

RSVP early "because we have sold out the last three years. Great times! Plus, **we may have a visit from Santa this year,**" says Bill.

\$10 pp. Tickets are now available at the front desk and they are going fast!

GIVING TREE 2018

For at least the past 15 years, folks at the Senior Center have contributed hats, scarves and mittens. These items almost cover the entire tree! You can see this year's tree at the Christmas Party on December 11.

Much of what you'll see on the tree was knitted by Abby Cirioni and her group of knitters that meets every Monday at the Center from 9am—11am. **"We accept purchased items, too, and it's not too late to donate,"** says Abby.

The tree and all the items will end up at the St. Blaise Food Pantry by mid-December and will be shared with those in need before Christmas.



Thursday, December 6

The Salem Cross Inn and Bright Nights at Forest Park

Luncheon at the Inn, visit the Yankee Candle Company, and then enjoy the lights of the season at Forest Park. 10:30am—8pm \$85pp. Sold out! Sign up at the front desk to be on waiting list.

Thursday, January 17, 2019

Casino Trip to Foxwoods

Mohegan Sun is coming up! Bus leaves at 7:45am and returns at 5pm. \$22 per person.

Call the Center for more info: (508) 966-0398

Activities

Players Wanted
No Experience Needed

CANASTA AT THE SENIOR CENTER

Fridays, Noon—3pm



WARM WINTER'S DAY

Please bring your gently used winter coats and jackets to the Senior Center and help to warm someone's winter day. We'll take the clothing to an area family homeless shelter through 12/6. Call (508)966-0398 for more information.

FREE FINANCIAL ADVICE

Take advantage of evening appointments in 2019 to help you balance your budget and consider investments. The Moody Street Group will provide 20-minute blocks between 4:30 and 6:30pm on the third Tuesday of each month, beginning January 15. (Daytime appointments are still available.) Make an appointment by calling (508) 966-0398.



CANDLEPIN BOWLING

Join the fun every Tuesday at the Ryan Center on Route 109 in Millis. 9am \$9 and the bowling shoes are free. Just show up!

Bellingham Elder Service Group

Bill Eltzroth, *President* • Jim Fitzpatrick, *Vice President* • Pierrette Corriveau, *Secretary* • Ray Conklin, *Treasurer* • Jeanne LeBlanc, *Assistant Treasurer* • Gail Milgram, *Sunshine Lady* •
Board Members: Bill Barrette, John Hogan, Louis LeBlanc, 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 specific dates and times.

Greetings!

I hope everyone had a wonderful Thanksgiving with family and friends. When I was growing up, Thanksgiving was always a big family day for us and my dad was one of 12 so we had a house full.

The big event this month is our Christmas Party on Tuesday, December 11. Make sure you sign up because we are always packed and have such a good time! On December 4, join us for Pot Roast dinner.

This month, our dues letters are going out and we hope everyone will pay their dues on time and make your donations in memory of loved ones. Remember, your dues help us to support our Senior Center and all its programs. We have quite a few new programs for 2019... including Memory Cafe which will open on January 26. Also in January, our trip to Foxwoods is on the 17th.

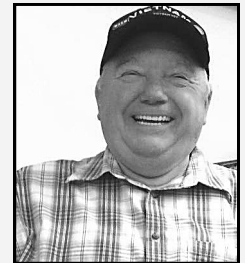
All dinners, beginning next month, will be \$8 per person. On the 8th of January, please join us for Shepard's Pie prepared by Chef du Jour. And on January 31, join us for Beef Stew by Mickey G. We hope to see you at both... where else can you get a full dinner, with drink and dessert for this price!



Have a Merry Christmas and a Happy & Healthy New Year from all of us on the BESG Board of Directors.

Bill Eltzroth, President BESG

BESG is the Heart and Soul of the senior community.



BESG Monthly Birthday Party

HAPPY BIRTHDAY to all honorees and attendees!
November and December birthdays were celebrated on 11/29.

DONATIONS FORM TO BESG

Name _____ Address _____
Town _____ State/Zip _____
Phone _____ EMAIL: _____

Donations are gratefully accepted and will be acknowledged in the monthly newsletter. If you're making a donation, then please describe it below:

Bring this form and your check — made out to the BESG — to the front desk at the Senior Center or mail to P.O. Box 792, Bellingham, MA 02019. Thank You!

Outreach by Sheila



At this time of year, we need to think about what a well-respected philosopher said. “Care for yourself, for your family, for your fellow human beings and our lovely planet earth, not out of fear, nor from distress, but out of love and awe for the beauty within that we came to uncover.”

We always seem to be generous and concerned with our friends, neighbors and family at this time of year. I would like to suggest that checking on one another all year would be one of the most generous gifts that we can give our neighbors. Not only would you be touching base with them, you may make their day happy because of the person-to-person contact.

The county sheriff's department has an “R-U-OK” policy. That is a daily check-in at a dedicated time each day. I am suggesting that you might contact a neighbor whom you know to say hello, but do not see too often. If you feel awkward talking to the neighbor, check with the police department or... better yet, come to the **TRIAD meeting at the Senior Center the first Thursday of the month at 10:30am** and ask the TRIAD leader, Joe Canavan, about “R-U-OK.” Several other items about the TRIAD program you might be interested in are the yellow dot program, the file of life, and Senior ID.

The yellow dot identifies your automobile as one in which a senior is driving and where to find his/her file of life. File of Life: there are two sizes, one for your pocketbook or wallet and one for your refrigerator. They list your doctor, your meds and other pertinent information. The Senior ID looks like a driver's license but is not. It identifies the individual and has pertinent contact information. TRIAD offers many other helpful programs and items for senior safety. If you have never come to a meeting, call the front desk at (508) 966-0398 and sign up for the next one.

And in the meantime, I hope that you have a great, happy, safe holiday season. I'll see you next year.

Sheila

HEALTH PLAN OPTIONS

December 4, 12, and 26 9am—noon... Jean Roy is the SHINE counselor for the Senior Center and is ready to help you answer insurance questions. She will be available to meet with you anytime from 9-noon on the dates above. Contact the Senior Center at (508) 966-0398 to schedule your appointment.

Wednesday, December 5, 10:30am—1pm
Find out about NaviCare (for anyone on MASS Health Standard) which will give you access to free, additional healthcare services and benefits.

Contact the front desk to reserve your spot in any or all of these presentations.

“TOGETHER”

Life can be too short to miss getting involved in a group like this!

Ming Ming He, COA board member, will create a space for meaningful and relevant conversation in this new program at the Senior Center.

Prepare for movement, singalongs and healing that will help you gain clarity and significance in this life you are living.

The goal is to live a more joyful and healthy life!

Begins Tuesday, January 8 at 6pm and it is FREE.

CENSUS BUREAU SCAM

Bellingham seniors have received official-looking correspondence from the U.S. Census Bureau that claims a representative will be coming to your home for an interview and to ask about household expenditures.

This is a scam. If you receive such a letter, the only action required is to throw it away.

OUR THANKS TO YOU...

Laurent and Susan Moreau for a generous donation in memory of Edgar & Medora Guilbert.

Everyone who contributed to the Craft Fair gift room.

"Anonymous" donors (and you know who you are).

All the sponsors of this newsletter who have returned with their generous support for another year.

Lynn Bruce for lots of Yoga Blocks.

Helen Whiting for her work establishing and maintaining our raised garden.

And a special THANK YOU to everyone who has given the Senior Center so many items (we try very hard to thank everyone by name but may miss a few from time to time).

Services

YOUR LETTER, PUBLISHED

We'd like to hear from you! Send us a letter about whatever is on your mind. Email to newsletter coordinator Dave Dunbar at ddunbar@bellinghamma.org

MEMORY CAFÉ

Coming in January, this safe and stimulating environment will be available for seniors dealing with dementia, as well as their caregivers. **FREE Saturday, 10am—11:30am, January 26**

FREE INCOME TAX HELP

February, March, early April

AARP will likely again provide assistance for low to moderate income area residents who need help filing their taxes. There's a sign-up sheet at the front desk... get your name on it beginning December 17 because this is a very popular program.

COMMUTER SHUTTLE

Rides to and from the Franklin Forge Park MBTA station. Pay only \$1.00 (or less) and avoid expensive parking fees. Visit www.GATRA.org and see Routes & Schedules for details.

TAX WORK OFF PROGRAM

Offer your services to the town and take up to \$1,000 off your annual property tax bill. Program is open to seniors 60+ and veterans of any age. Various positions are available. For more information about signing up or renewing, please call Melissa Paquette at (508) 657-2801. She is also available to meet on Wednesdays at 10am at town hall (lower level conference room).

FUEL ASSISTANCE 2018-2019

First-time applicants can begin the process now. Please call 508-966-0398 to make your appointment to sign up or for help in re-certifying.

BAD WEATHER CANCELLATION POLICIES

When winter weather closes the Bellingham public schools, programming at your Senior Center will be cancelled. Dial-A-Ride will be suspended. Watch TV and listen to radio for school closings. You're welcome to call the Center at (508) 966-0398 when bad weather is forecast and we'll happily share whatever we know!

Please remember to sign up at the front desk, or call 508-966-0398. The Senior Center makes decisions regarding the scheduling of programs and services based on the number of attendees who have signed up.

PROGRAM BULLETIN BOARD

Bellingham Senior Center <> 40 Blackstone Street

*** B E S C *** CASINO TRIPS

Foxwoods Day Trip - \$22 pp*



January 17, 2019

May 16, 2019

September 19, 2019



Mohegan Sun Day Trip - \$22 pp*



March 21, 2019

July 8, 2019

November 21, 2019



* Package Includes: Free Food, Free Bet and a chance for a Free Trip.
All Casino Trips Depart from the Senior Center at
7:45 am and Return at 5:00 pm



Sign Up at the Front Desk

Questions ? Call 508 - 966 - 0398

TOGETHER

STRENGTH IN NUMBERS

Life can be too short to not choose to
get involved in a group like this!

Ming Ming He, CDA Board member, will create a space for meaningful and relevant conversation - prepare yourself for movement, singalongs and healing that will help you gain clarity and significance to this life you are living. The direction of this group will be inspired by those who partake with the ultimate goal of living a more joyful and healthy life.

Tuesdays @ 6:00pm

Begins Tuesday, January 8th, 2019

Sign up at the front desk and then find a friend to sign up too!



Bellingham Senior Center

40 Blackstone Street
Bellingham, MA 02809
Phone: 508-966-0398
Fax: 508-966-0443
E-mail: jsd@bellinghamma.org

**JOY
HARMONY**

Financial Mentoring by Appointment

Every third Thursday from 10:00 am to Noon

If you have financial questions that are personal in nature and related to specific financial issues, you can arrange to meet privately with an experienced Certified Financial Planner™ every third Thursday from 10:00 a.m. to 12:00 p.m. by appointment with **Gerald Loftin**.

Every third Tuesday Evening from 4:30 pm to 6:30 pm

The **Moody Street Group** will also provide free financial advise in 20 minute blocks of time by appointment, **during the evening**, which may be more convenient for many. **This new service with start beginning JANUARY 15th**.

Please make your appointment for either of these services with our front desk!



Bellingham's "Supportive Day Program" Sees Expansion Ahead

The new coordinator of the program, Terri Graham, puts it this way: "The program is designed to promote and enhance physical, social, and cognitive skills and is suitable for the memory-impaired, those who are isolated and home-bound, and those with physical limitations."

Currently open Mondays, Tuesdays, and Wednesdays from 9am to 3pm, Terri hopes to see it grow to five days each week. She'd also like to see the present group of about five grow to nine or ten.

Each day, a light breakfast, lunch, and an afternoon snack are provided. "Activities," says Terri, "include games, trivia, chair exercises, arts and crafts, chorus, a walking group and special outings." A book club is planned; a "Memory Café" will open in January.

The program also offers an opportunity for caregivers to have a respite with the assurance that their loved ones are in a safe and stimulating environment. The hope is to alleviate stress and provide support for the care-givers families.

The cost of the program is \$35 per day for each person. For Bellingham residents, this includes transportation to and from the Senior Center. Financial assistance is also available.

Terri was hired September 1. She is also employed by Atria Draper Place in Hopedale where she integrates life-enhancing programs for seniors.

"Terri has hit the ground running (no pun intended)," explains Josie Dutil, director of the Senior Center. "She provided our Supportive Day Program with an exercise class on the very first day she took charge. Her energy and enthusiasm are contagious, her emotional intelligence is a gift to us all - we are so incredibly fortunate to have found her."

A Bellingham native, Terri lives in Mendon with her husband, Steve, and two children, Stephen and Heather. And they have two dogs. She's a graduate of Bridgewater State University and is an avid runner, yoga enthusiast and cyclist.

For more information about the Supportive Day Program, please contact Terri Graham at (508) 657-2711 or email tgraham@bellinghamma.org



Veterans' News

RAISES: Veterans receiving disability pay and military retirees will see a 2.8 percent cost-of-living boost starting this month, their largest increase in six years.

BONUSES: The Commonwealth of Massachusetts provides a bonus to veterans who were domiciled in MA immediately prior to entry in the armed forces. In case of the death of a veteran, the spouse and children, mother or father, brother or sister or other dependents of the deceased veteran (in that order) are eligible for a bonus. Visit www.mass.gov/bonuses for applications. Or contact your local Veteran Service Officer. Bonuses range from \$100 to \$1,000.

ANNUITY: The Commonwealth of Massachusetts and its Department of Veterans' Services provide an annuity in the amount of \$2,000 which is payable biannually on August 1st and February 1st in two installments of \$1,000 each.

This annuity is given in recognition of the service of our distinguished 100% service-connected disabled veterans and to the parents of distinguished veterans (Gold Star Parents) and the unmarried spouses (Gold Star Wives or Husbands) of distinguished veterans who gave their lives in the service of their country during war time. www.mass.gov/service-detail/annuity.

FLY THE FLAG: Pear Harbor Day, December 7; Christmas Day, December 25; New Year's Day, January 1; Martin Luther King Birthday, 3rd Monday in January.

Bellingham's Veteran Service Officer
Bob Greenhalgh 774-292-2437

News Briefs

NEW TUESDAY EVENING ACTIVITIES

The Senior Center continues to offer more choices for late afternoon and evening programs.

On Tuesdays: Billiards until 7pm, Gentle Yoga at 5:30pm. Look for more specific programming in the new year including Financial Mentoring and "Together" starting next month.

Call ahead — (508) 966-0398

TOURING THE SENIOR CENTER

Join us for coffee and pastry and a quick, informative tour. Meet the new executive director... check out the fun and games offered daily... and review learning opportunities as well as trips to places like Foxwoods.

Call ahead — (508) 966-0398

SENIOR CENTER IS ON FACEBOOK

Looking for the latest news and photos from your Senior Center? Check out the new FB page:

[www.facebook.com/](http://www.facebook.com/Bellingham-MA-Senior-Center)

Bellingham-MA-Senior-Center

Please help us spread the word. Like the page. Share it. Check it regularly!

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.

December | Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
3 8am-4pm: Billiards 9:00am: Knit/Quilters 9:30am: Chair Volleyball 10:45am: Line Dancing Demo 1pm: Poker 1pm: Conv. Italian 2pm: Exploring the Constitution	4 8am - 4pm: Billiards 8am: Guitar 9am-noon: SHINE 9am Bowling at Ryan Center 10am: Basic Yoga 12pm: BESG & COA Lunch/Meeting 1pm: Pitch 1:30pm: Barbarian Empires 5:30pm Gentle Flow Yoga	5 9am: Bridge 9am: Yin Yoga & Meditation 10am: Men's Group 10:30am: NaviCare 10:30am Chorus 11:30am: Motion to Music 1pm-4pm: Billiards 1pm: Bingo 1-3:30pm Art Anyone Can Paint	6 10:30am Salem Cross Inn trip 8am-4pm: Billiards 8am: Walking Club 9:30am: Gentle Yoga 10:30am: TRIAD 11:15am: Bereavement Support 1pm: Mahjong 1pm: Diabetes Prevention Program	7 8am - 12pm: Billiards 9am: Cribbage 9:30am: Zumba/Basic 10:45am: Sit & Stretch 12pm: Canasta 1:30pm: Tai Chi
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24 8am-4pm: Billiards 9:00am: Knitters/Quilters 9:30am: Chair Volleyball 1pm: Poker 1pm: Conv. Italian	25  SENIOR CENTER WILL BE CLOSED TODAY AND JANUARY FIRST.	26 9am: Bridge 9am: Yin Yoga & Meditation 9am-noon: SHINE 10am: Men's Group 10:30am Chorus 11:30am: Motion to Music 1pm-4pm: Billiards 1pm: Bingo	27 8am-4pm: Billiards 8am: Walking Club 9:30am: Gentle Yoga 1pm: Fleece Blankets 1pm: Mahjong 1pm: Diabetes Prevention Program	28 8am - 12pm: Billiards 9am: Cribbage 9:30am: Zumba/Basic 10:45am: Sit & Stretch 12pm: Canasta 1:30pm: Tai Chi
31 8am-4pm: Billiards 9:00am: Knit/Quilters 9:30am: Chair Volleyball 1pm: Poker 1pm: Conv. Italian	1 JANUARY 2019 HAPPY NEW YEAR!		SENIOR ARTISTS EXHIBIT CONTINUES THROUGH DECEMBER IN THE MAIN ROOM.	NEW PROGRAMS FOR DECEMBER ARE IN BOLD.

MASS RENEWABLES

Clean Solar Energy

(508) 657-1116

90 Mendon Street • Bellingham, MA 02019

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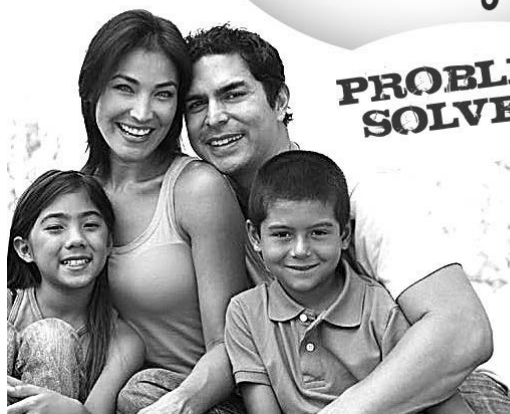
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Who's Who at the Bellingham Senior Center:

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Asst. Director, Lisa Mottola: 508-657-2708
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Clerical Support Staff, Nancy Champney:
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Transportation: 508-657-2709
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Linda Drohan: 508-657-2709
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Terri Graham: 508-657-2711
Supportive Day Program Assistant,
Sue Smith: 508-657-2711
Custodians: James Maher, Lenny Brooks:
508-966-0398
Van Drivers: Carl Malo, Roger Hogue, Kevin
Knehr, Bob Dubois, Don Boucher, Paul Haggstrom,
Michael Mullaney, Arthur Linnell, Ed Nugent,
Bob Greenhalgh, Mike McAlduff, and
Jack Stuart, Michelle (Shelly) Grimaldi

***If you plan to attend any of our programs, then please remember to
sign up at the front desk, or call 508-966-0398.***

***The Senior Center makes decisions regarding the scheduling of programs based on the
number of attendees who sign up. This information is extremely important, and we greatly
appreciate your cooperation. Thank you!***