



May 2024

HOPEDALE SENIOR NEWS

Published by the Hopedale Council on Aging

*43 Hope Street • Hopedale, MA, 01747
(Located inside the Community House)*

Senior Center Phone: 508-634-2208 • Fax: 508-473-6189

*Outreach Message Line: 508-478-2858 • E-mail: hopedalecoa@comcast.net
Monday-Thursday 9:00 am - 3:00 pm and Friday 8:30 am - 12:00 pm*



HOME MODIFICATION LOAN PROGRAM

The (HMLP) is a state-funded loan program that provides financing to homeowners and small landlords for accessibility renovations to keep a household member with a disability or an older adult in their own home.

This is not a home repair program. Projects funded include ramps, lifts, bathroom and kitchen adaptations, sensory integration spaces, fencing and more. Loans range from \$1,000 to \$50,000 (0% interest). Repayment happens when the property is transferred or sold. The program has very generous annual income guidelines.

Applications can be obtained by calling (978)630-6725 or online at: cedac.org/hmlp

This program truly offers a avenue for older people to remain more independent by improving their ability to function more easily at home.

Please call the Senior Center for assistance or additional information.



Last Call for interest in Mindful Eating Classes

Mindful Eating requires no specific diet! You will find a new way to look at food and eating. Whether you are looking to heal your body or reduce weight, this is a safe, nonjudgmental space that just might change your life. 6 class series. 8 participants are needed to hold the class. Robin Natanel is the instructor of this series. Call the Senior Center at (508)634-2208 to register your interest so we can schedule these classes in the coming months.

Changes to the Medicare Savings Program



As of March 1, 2024, the Medicare Savings Program no longer has an asset limit!

You may now qualify to have Medicare pay your Part B premium (which is deducted from your monthly Social Security check). Maximum monthly income limits are as follows:

\$2,824/month for Individuals

\$3,833/month for Couples

Since the asset limit has been eliminated, many people will be eligible to receive a savings.

There is an easy application process. The Senior Center will help you apply or answer any questions.

Join us for an important Seminar on Legal Issues for Seniors



Elder law Attorney Paula Nedder, will review and explain the critical documents every senior needs in order to protect their health, homes, and finances.

Thurs. May 23, 2024 11:00 am - Presentation
(BBQ Chicken) 12:00 pm - Lunch - \$3.00
Sign-up required for both events by 5/20.
(508)634-2208.

Change to Errand Van Hours !

Transport for errands is during after-noon hours only (1pm - 4 pm) on scheduled Tuesdays and Thursdays. Please check the Activity Calendar for scheduled transit weeks.



ANNUAL TOWN ELECTIONS

May 14, 2024





MEALS AT THE HOPEDALE SENIOR CENTER FOR THE MONTH OF MAY 2024

Mon. May 13, 2024 - 12:00 pm



Choice of sandwiches "box lunch"
\$5.00 p.p.

BINGO follows lunch.

Cash prizes!!!

Sign-up by 5/8/2024.



Thurs. May 23, 2024 - 12:00 pm

Chicken with BBQ Sauce
\$3.00 Requested Donation

Sign-up required by 5/20/2024.

Thank You



for your Kindness

This month we honor
the Senior Center
Volunteers at our
Annual Breakfast. We
could not function
without your
help!



Free Wellness Clinic

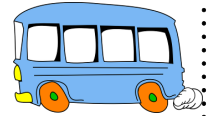
Drop-in for a blood pressure
check! Our nurse,

Mary Watson, RN can also help
with health, medication and wellness questions
and concerns.

Hopedale Senior Center

Wed. May 15, 2024

Hesitant to drive or have
you stopped driving?



Let the Senior Center
van take you to your medical
appointments.

MEDICAL TRANSPORTATION

Local (Hopedale and Milford)

Monday - Thursday

8:45 am - 3:00 pm (appointments)

Friday no appointments after 11:30 am

No transit between 11:15 am - 1:00 pm

\$3.00 Rd. Trip

Schedule appointments 3 business days in
advance.

LIMITED OUT OF TOWN MEDICAL TRANSPORTATION

Monday - Thursday (Subject to Change)

No appointments earlier than 10:30 am

Ready to return home by 1:00 pm

Framingham \$10.00 Rd. Trip

Boston / \$25.00 Rd. Trip

Natick / Westboro / Worcester

Franklin / Bellingham / Uxbridge \$5.00 Rd. Trip

Schedule appointments 3 business days in
advance.

Errand Van *New Hours* Transportation

Every other week

Tuesdays & Thursdays

Van hours 1:00 pm - 4:00 pm.

No service after 4:00 pm. See the Monthly
Activity Calendar for transit days.

*Call us for shopping and
other personal errands.*

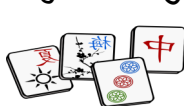


COME PLAY WITH US !!!

MAH-JONGG	MONDAYS (New)	12:00 pm
	TUESDAYS	12:30 pm
BRIDGE	MONDAYS	9:00 am
	TUESDAYS	12:30 pm
CRIBBAGE	WEDNESDAYS	1:00 pm

**(Call us if you want to take lessons
for Mah-Jongg)**

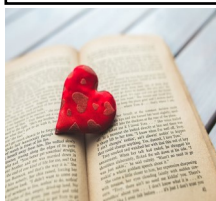
We have very active groups. Join us!

**KNITTERS' GROUP****WE NEED KNITTERS!**

The Knitters' Group meets on the 3rd Thursday of each month at 10:00 am at the Hopedale Sr. Center. Bring a bag lunch and we will provide dessert. All levels of knitters and crocheters welcome!

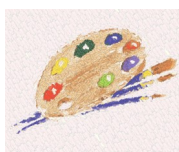
We have loads of free yarn and beautiful patterns to share.

*** We donate all items we make to local charities.**



**Literature Class at the
Hopedale Senior Center
Wed. 12:30 pm to 2:00 pm
\$3.00 p.p.**

Taught by Deb McGonnell, certified, retired high school teacher with over 35 years of experience. In this class, we examine short pieces of literature from a variety of genres, to help us to better understand what we read and increase our enjoyment of reading, itself.

WATERCOLOR CLASSES

(All Levels) - Meets at Sr. Center
Thursdays - 10:00 am - 12:00 pm
Mari Steinmann - Instructor

This class allows individuals at all levels to learn and grow their talents in the watercolor medium.

All supplies provided. Sign-up required.

Pay monthly (\$15.00 per class).

DROP-IN EXERCISE PROGRAMS**GENTLE YOGA**

Meets at the Senior Center
Tuesdays

9:00 am to 10:00 am

Crystal Lee Instructor

\$5.00 p.p.

You may be seated in a chair or on a mat.

Try this wonderful movement class.

**Tai Chi**

Meets at the Senior Center
Thursdays

1:00 pm to 2:00 pm

Faith Kennedy Instructor

\$5.00 p.p.

Gentle movement class that
incorporates breathing and meditation.

**MEDITATION (Seated in Chair)**

Meets at the Senior Center
Wednesdays

11 am to 12:00 pm

Debra McGonnell Instructor

\$5.00 p.p.

**Adult Dance & Stretch**

Meets at the Senior Center
Tuesdays

3:30 pm to 4:30 pm

\$5.00 p.p.

Pauline Wright - Instructor

Stretch, dance, ballet, jazz and more.

**Low Impact Exercise**

This is not a Senior Center class.

This is a Community House Class.

Monday, Wednesday & Friday

10:00 am to 11:00 am

Instructors: Shirley Areano

Christine Bositis (Fridays)

**Community House membership and registration
required for this class. See Tara Chambers.**



**Seeking Instructors for new
classes. Let's hear your ideas.**

Call 508-634-2208.



Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Eileen Milaszewski
Karen Kuligowski
Julia Manning
Arlene Williams
David Guglielmi
Charles Duczakowski

Director Carole Mullen
Outreach Nancy Mosher
Staff Assistant Jennifer Bethel
Van Driver Michael Colaianne

The COA Board meets on the 3rd Thursday of each month at 1:00 pm at the Senior Center.



*The mailing of this newsletter
is funded by the Hopedale Friends
of Elders.*

HOPEDALE FRIENDS OF ELDERS, INC.

Box 318
Hopedale
Massachusetts 01747

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BE A FRIEND!

HELP SUPPORT HOPEDALE'S SENIORS

Hopedale Friends of Elders

PO Box 318 - Hopedale, MA 01747



In lieu of flowers or other gifts, please consider making a tax-deductible donation in memory/honor of a loved one to the Friends of Elders, by using this form.

Your gift will go directly to services for senior citizens for today and tomorrow. Donations can be made in honor of births, birthdays, and anniversaries as well as in memory of loved ones. No minimum donation is required. We will acknowledge all donations.

Donations can also be dropped off at the Curiosity Shoppe of Hopedale on Depot Street in Hopedale

Curiosity Shoppe hours are Thursday, Friday and Saturday - 9:30am to 12:30pm

We always need volunteers to work in The Friends' Shoppe

I am enclosing \$ _____ (Please make checks payable to the Hopedale Friends of Elders.)

Donor's Name _____ Donor's Address _____

In Memory of _____ In Honor of _____

Visit the *Daily Grind* on Mondays
for free coffee, pastries and
friendly conversation.

8:45 am to 9:30 am.



Free Panera Bread & Pastries

Mondays - 9:30 am

Hopedale Senior Center

Not available on Monday holidays.

