



East Bridgewater Council on Aging

MAY 2024

East Bridgewater Council on Aging
 355 Plymouth Street
 E. Bridgewater, MA 02333
 Phone: 508-378-1610
 Fax: 508-378-1611

Hours:

Monday
 8 am – 6 pm
 Tuesday-Thursday
 8 am – 4 pm
 Friday
 8 am – 12 pm

Council on Aging Staff:

Nancy G. Hill
 Director
 S.H.I.N.E. Counselor
 (By appointment only)
 nhill@eastbridgewaterma.gov

Susan L. Prendergast
 Activities Coordinator
 Newsletter Editor
 sprendergast@eastbridgewaterma.gov

Kelley A. Long
 Client Services Coordinator
 S.H.I.N.E. Counselor
 Certified SMP Counselor
 (By appointment only)
 klong@eastbridgewaterma.gov

Stephanie Williams
 Coordinator of Volunteers
 swilliams@eastbridgewaterma.gov

David Finlay
Patricia Fay
 Van Drivers

Council on Aging Members:

Dee Dee Rogers
 Chair

Mary Haines
 Treasurer

Katie Cavanagh
 Secretary

Robert Ringuette
 Susan Muir
 Helen Bomar
 Anne Marek
 Lois Sullivan
 Michele Bernard

Safety & Wellness Fair for Seniors

The Center at Sachem Rock
 Thursday, June 6th
 10:00am – 1:00pm

Please join us for helpful information about services, programs and products that are available to help older adults feel safe in their home and community.

Demonstrations, *free lunch* for those who visit the exhibits and a *free door prize ticket* is included!
Admission is Free!!

Sponsored by the East Bridgewater S.A.L.T. Council in cooperation with the East Bridgewater Council on Aging, Plymouth County Sheriff's Dept, the District Attorney's Office and the East Bridgewater Police and Fire Departments.

Concerned pre-seniors and family members are also welcome!

The van is available for EB residents who need transportation to this event.. Call the COA if you need a ride.

All regular Thursday activities will be canceled for this day only.

And so many more!!!

In this issue:	
Movies!/May Office Schedule	2
Hair by Luann/S.A.L.T. Breakfast/Grab & Go	3
Comm.Dining Menu/Home Cooked Lunch/Men's Breakfast	4
Monthly Calendar	5
Kelley's Korner/Alzheimer's Caregiver Support Group	6
Senior Learning Network/Grandparenting with Autism	7

East Bridgewater Council on Aging Mission Statement:

The East Bridgewater Council on Aging serves older persons, disabled persons of all ages and their caregivers, and others in need of services and referrals. Programs that enhance dignity, support independence and encourage general wellness are developed, coordinated and promoted to meet the needs of these individuals.

Shirley (PG-13) 2024 Monday, May 6th @ 3:00pm

The story of the first Black congresswoman, Shirley Chisholm, and her trailblazing run for president of the United States. *Rated PG-13 by the Motion Picture Association of America for strong language, brief language, some smoking, racial slurs.* 1hr. 57 min.

My Big Fat Greek Wedding 3 (PG-13) 2023 Wednesday, May 8th @ 1:00pm

From writer and director Nia Vardalos, the worldwide phenomenon My Big Fat Greek Wedding is coming back to theaters with a brand-new adventure. Join the Portokalos family as they travel to a family reunion in Greece for a heartwarming and hilarious trip full of love, twists and turns. Opa! *Rated PG-13 by the Motion Picture Association of America for suggestive material and some nudity.* 1hr 31min.

The Short History of the Long Road (PG-13) 2020 Wednesday, May 29th @ 1:00pm

Teenager Nola grew up living out of a van with her beloved father Clint, two nomads against the world. When tragedy strikes, Nola is confronted by the reality that life as an outsider may not be her only choice. *Rated PG-13 by the Motion Picture Association of America for alcohol use and foul language.* 1hr. 30min.

Please call the COA to sign up for all movies



Office Hours Wednesday Van Trips

The EBCOA office will be closed on Monday, April 15th in observance of Patriots' Day. Please remember to schedule your Dial-a-BAT rides by 10:00 a.m. on the preceding business day.



- Walmart/Raynham Rt. 138 ~ 5/1 (\$3)
- The "Lighthouse" @ Patriot Place ~ 5/8 (\$5)
- Wrentham Outlets/Lunch ~ 5/15 (\$5) at Red Ruby (on your own)
- Walmart/Abington ~ 5/22 (\$3)
- Plainridge Park Casino ~ 5/29 (\$5)

~Call the COA to sign up~

*Patriot Place/The "Lighthouse" - Reschedule from April—space is limited. Visit the tallest "Lighthouse" in America. The top of the structure stands 22 stories above the playing field and is the tallest "lighthouse" in the US. The 360-degree observation deck, know as the Lookout, provides spectacular panoramic views of the stadium and the surrounding area, including the Boston and Providence skylines. Admission is \$5 (payable at the door). Veterans are free. Lunch to follow at Olive Garden.

*Stores at Wrentham Outlets include Clarks, Eddie Bauer, Leve's, Lane Bryant, New Balance and so many more!! Join us for a fun day of shopping and lunch at Red Ruby! Van will depart COA at 9:30am and return approximately 3pm.

*Plainridge Park Casino—If you went last month on our van, we ask that you give others a chance to go this month. Thank you!

A minimum of 4 passengers required on all trips

State Representative Alyson Sullivan-Almeida Office Hours

State Representative Alyson Sullivan-Almeida will be here on, Wednesday, May 1st @ 11:30am—12:30pm. You may also contact Rep. Sullivan-Almeida @ 617-722-2488. Rep. Sullivan-Almeida represents Precincts 1, 2 & 3 of East Bridgewater.

Come by with your questions or concerns or to simply say hello.

Technology Help

Tuesday, May 7th & Thursday, May 9th
Tuesday, May 21st & Thursday, May 23rd
10:00am—11:00am



Join us for Tech Help with students from Southeastern Regional Vocational Technical High School! Bring in your laptop, tablet, or phone...and your questions!

Call to sign up for your 15 minute appointment!



Crafts with Kathy & Sue Tuesday, May 7th @ 10:00am

FREE!! FREE!!

This month you will create a lovely 8" fabric/rag wreath in bright and beautiful spring colors. Perfect decoration for anywhere in your home! Join us for a fun and FREE class!

Please call the COA to sign up
Space is limited.



General Quarters! Monthly Roundtable Discussion Wednesday, May 8th @ 8:30am

Trip to Newport Naval War College Museum

All pre-registered travelers, please meet at the COA by 8:30am. The bus will leave by 8:45am and will return by 4:00pm. Lunch is included. Don't forget to bring your photo ID! You cannot get into the museum without it.



- | | |
|-----------------|--------|
| Betty Corr | May 6 |
| Harold Barnes | May 17 |
| Laurence Brown | May 27 |
| Estelle Perkins | May 31 |

If you would like to be included in our monthly birthday listing, please contact the COA office with your name and birthday.



PUZZLE AND BOOK NOOK!



The Puzzle and Book Nook is located between the front door and the inner lobby at the senior center. The small area is open for seniors to come and borrow puzzles and books. Our monthly newsletter is also available to take as well as some informational brochures. Enjoy!!



Annual S.A.L.T. Breakfast
Thursday, May 2nd @ 9:30 a.m.

Join us once again for our annual S.A.L.T. breakfast! East Bridgewater Police and Fire Departments will be helping to cook and serve a delicious breakfast of pancakes, sausage, bacon and eggs! Immediately following your delicious breakfast, Minh Tran, Chief Legal Counsel for Diversity, Equity & Inclusion, from the Plymouth County D.A.'s Office, will talk about the latest scams and how to detect and avoid becoming a victim of one.

Sign-ups for East Bridgewater residents will begin on Tuesday, April 16th. Out-of-town seniors may sign-up beginning Monday, April 22nd. Sign-ups will close on Friday, April 26th.

The East Bridgewater S.A.L.T. Council (Seniors and Law Enforcement Together) is made up of members of the Plymouth County Sheriff's and District Attorney's Departments, the East Bridgewater Police and Fire Departments and the Council on Aging, as well as private citizens. Its purpose is to provide information and resources to increase senior safety in their homes and communities.



Visiting Dental Hygienist
at the COA!

Thursday, July 11th
9:00am – 2:00pm

A dental hygienist with Visiting Dental Hygiene, Inc. is offering private 45-minute confidential appointments (cleaning and exam), bi-monthly at the COA.

If you are on MassHealth the visit is FREE or private pay \$50.00 (cash or check made payable to Visiting Dental Hygiene).

A healthy mouth can actually help prevent many life-threatening diseases. Scientific studies show the relationship between heart disease, stroke, diabetes, respiratory diseases and periodontal (gum) disease.

Call the COA to schedule an appointment

HAIR SALON



Hair by Luann

TUESDAYS
At the COA
by appointment only
10:00am – 2:30pm

Wash, Cut & Dry – **starting at \$20**
 Wash, Set & Dry – **\$20.00**
 Wash Only – **\$8.00**
(Tipping not necessary)

Luann has been a hairdresser for 40+ years and is looking forward to meeting new clients!

Call the COA to schedule an appointment
Cash or check only



12th Annual Ladies Spring Tea
Monday, May 13th @ 3:00pm

We are thrilled to have our 12th Annual Ladies Spring Tea!! Enjoy delicious Scones, Tea Sandwiches, Desserts and many variety's of Tea!

Reservations are required and are limited to 50.

Sign-ups will begin on Monday, April 29th and will end on Wednesday, May 8th. East Bridgewater residents only.

We welcome back Sheryl Faye Presents for another amazing performance as she brings to life Queen Elizabeth II – "Her Majesty"



This program is supported by a grant from the East Bridgewater Arts Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

Transportation is available.

Please let us know, when signing up, if you need a ride.



Mosquito Safety
&
Tick Talk
Tuesday, June 25 @ 10am



Erin Morrill, Community Liaison for the Plymouth County Mosquito Control Project will present an overview of the Life Cycle of a Mosquito. She will also explain services provided by the Plymouth County Mosquito Control Project for the community when needed including the importance of protecting yourself from mosquito bites, choosing effective repellents, learning about mosquito-borne diseases and removing objects that hold water in and around your properties to reduce mosquito population.

Blake Dinius is an Entomologist from the Plymouth County Extension will be speaking on the subject of ticks, insect identification and management tips for prevention, proven protection methods, tick biology and ecology, tick borne disease along with myth busting of ticks.

Call the COA to sign up

Guided Nature Walk at the
Center at Sachem Rock Senior Community Center
Friday, June 28th @ 10:30am – 11:30am

Join Blake Dinius from Plymouth County Extension for a guided, slow-paced tour of the insect life in the gardens and grounds at the Center at Sachem Rock Senior Community Center.

No sign up required

Any questions, please contact Jessica N Henderson, Director of Library Services at 508-378-1616 or jhenderson@sailsinc.org

This program is sponsored by the East Bridgewater Public Library



Turkey Sub
Grab & Go
Thursday, May 16th
12:00pm – 12:30pm



This month's Grab & Go is being provided by **Sophie's** and will include:

Turkey sub with Swiss Cheese, Lettuce & Tomato

Sign-ups will begin on Monday, May 6th and will end on Friday, May 10th. East Bridgewater residents only. Limited to 75

We look forward to seeing you!

Please support your local businesses!



Many thanks to **Hardy Catering** for providing 75 Boxed Lunches for our Grab & Go last month!

Support Local Businesses!



LEGAL HELP

Free Legal Consultations
with The Law Office of Stephanie Konarski
Thursday, May 16th ~ 1:00pm – 3:00pm

Please call the COA to schedule an appointment.
Appointments will be scheduled in 15 minute increments.



Men's Breakfast
Monday, May 20th
9:00am

Chef Donny is back! We hope to see you again this month!

Scrambled Eggs, Hash Browns
 Bacon, Muffin
 Juice & Coffee

Please call the COA to sign up by
Monday, May 13th

Seating is limited

Donations to defer the cost of this breakfast are gratefully accepted and appreciated




Home Cooked Lunch & SINGO
Wednesday, May 15th
12:00 pm

Chicken Broccoli Ziti Alfredo
 Garlic Bread & Dessert!

After lunch, stay for SINGO! Test your musical knowledge and luck! Have some fun & win prizes

Please call the COA to sign up by
Wednesday, May 8th

Seating is limited

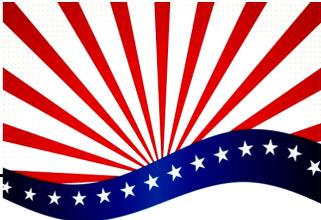
Donations to defer the cost of this lunch are gratefully accepted and appreciated

MAY COMMUNITY DINING

Community Dining meals on **MONDAYS** and **TUESDAYS** at 11:30 am. (unless otherwise noted)

We invite you to come in and have a sit-down lunch!

You must sign-up in advance by calling the COA at (508) 378-1610. Suggested donation is \$2.50 per meal.

	<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <i>Tuesday, April 30th</i></p>	<p>MONDAY 5/6 BBQ Pulled Pork w/bun Tater Tots Scandinavian Vegetables Fresh Peach</p>	<p>TUESDAY 5/7 Chicken Salad on Lettuce Bed Pasta Vegetable Salad Spinach Salad with Mandarin Oranges Fresh Apple</p>	
	<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <i>Tuesday, May 7th</i></p>	<p>MONDAY 5/13 Pasta with Meat Sauce Italian Vegetables Whole Wheat Dinner Roll Hot Caramelized Apples</p>	<p>TUESDAY 5/14 Chicken Stew Green Beans Corn Muffin Hot Cinnamon Pears</p>	
	<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <i>Tuesday, Tuesday 14th</i></p>	<p>MONDAY 5/20 Swiss Cheese Omelet Home Fries Peppers & Onions Snack Loaf Yogurt Orange Juice—no milk</p>	<p>TUESDAY 5/21 COLD MEAL Cottage Cheese & Fruit Salad Carrot & Raisin Salad Multigrain Bread Fresh Apple</p>	
	<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <i>Tuesday, May 21st</i></p>	<p>MONDAY 5/27</p> 	<p>TUESDAY 5/28 Hot Dog w/Bun Vegetarian Baked Beans Zucchini Squash Apple Oatmeal Bar</p>	
		<p>MEMORIAL DAY <i>Remember those who served</i></p>		

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Podiatry Clinic June 17, 2024 8am-1pm Call Dr. Derosier for an appt. 508-946-1444</p>	<p>United Methodist Church <i>Community Meals</i> Every Wednesday in May @ 5:00pm <i>The dinners are free but donations are graciously accepted.</i> All are welcome!</p>	<p>Walmart/Raynham 9am 1 Clinic 9am-12pm 1 Crocheting 10am <i>Zumba Gold canceled today</i> Advanced Whist 11am State Representative Alyson Sullivan-Almeida Office Hours 11:30-12:30 Mah Jongg 12:30</p>	<p>Shopper's Van 2 <i>Pick-ups begin@ 8:15am</i> Walking Club 9am SALT Breakfast 9:30 Yoga (classroom) 10am Line Dancing w/Kelly 1pm</p>	<p>Cribbage 9am 3 ABLE Bodies Balance Class 10am (Resistance Bands) </p>
<p>Community Dining 11:30 6 Hand and Foot 1pm Enhance Your Mental Health 1pm Movie: Shirley 3pm Food Pantry @ St. John's 3pm-5:30</p>	<p>Walking Club 9am 7 Errand Van 9am Chair Yoga w/Karen 9am Game Day 10am Tech Help (by appt) 10-11am Crafts with Kathy & Sue 10am Hair by Luann 10am-2:30 (by appt. only) Community Dining 11:30 Busy Hands 1pm SLN: Star Lore of the Ojibwe -Trewory Planetarium Mystic Seaport Museum 2pm</p>	<p>Lighthouse @ Patriot Place 8 <i>Van leaves the COA at 10am</i> General Quarters! <i>Meet at COA at 8:30am</i> Clinic 9am-12pm Crocheting 10am Zumba Gold 10:30-11:30 Advanced Whist 11am Mah Jongg 12:30 Movie: My Big Fat Greek Wedding 3 1pm Food Pantry @ Union Cong. 12:30-2pm</p>	<p>Shopper's Van 9 <i>Pick-ups begin@ 8:15am</i> Walking Club 9am Yoga 10am Tech Help (by appt) 10-11am Line Dancing w/Kelly 1pm Alzheimer's Caregiver Support Group 2pm  </p>	<p>Cribbage 9am 10 ABLE Bodies Balance Class 10am (Hand Weights) </p>
<p>Community Dining 11:30 13 Hand and Foot 1pm Ladies Spring Tea 3pm </p>	<p>Walking Club 9am 14 Errand Van 9am Chair Yoga w/Karen 9am Game Day 10am Creativity with Color 10am Hair by Luann 10am-2:30 (by appt. only) Community Dining 11:30 Aging in Place 12:30 Busy Hands 1pm SLN: Great Basin National Park Foundation 2pm</p>	<p>Wrentham Outlets/Lunch 15 Clinic 9am-12pm 9:30 Crocheting 10am Book Club 10am Zumba Gold 10:30-11:30 Advanced Whist 11am Mah Jongg 12:30 Home Cooked Lunch & SINGO 12pm </p>	<p>Shopper's Van 16 <i>Pick-ups begin@ 8:15am</i> Walking Club 9am Dental Hygienist (by appt) 9am-2pm Yoga 10am Coffee & Conversation w/Veterans Agent 10am Grab & Go 12pm-12:30 Line Dancing w/Kelly 1pm Legal Consultations 1pm </p>	<p>Cribbage 9am 17 ABLE Bodies Balance Class 10am (Resistance Bands) </p>
<p>Men's Breakfast 9am 20 Hearing Clinic 10am-12pm Community Dining 11:30 Hand and Foot 1pm Memory Lane Café 1pm Food Pantry @ St. John's 3pm-4:30 </p>	<p>Walking Club 9am 21 Errand Van 9am Chair Yoga w/Karen 9am Game Day 10am Grandparenting with Autisim 10am Tech Help (by appt) 10-11am Hair by Luann 10am-2:30 (by appt. only) Community Dining 11:30 Busy Hands 1pm SLN: FDR The Hobbyist! FDR Presential Library and Museum 2pm</p>	<p>Walmart/Abington 9am 22 Clinic 9am-12pm Crocheting 10am Zumba Gold 10:30-11:30 Advanced Whist 11am Mah Jongg 12:30 </p>	<p>Shopper's Van 23 <i>Pick-ups begin@ 8:15am</i> Walking Club 9am Yoga 10am Tech Help (by appt) 10-11am Line Dancing w/Kelly 1pm </p>	<p>Cribbage 9am 24 ABLE Bodies Balance Class 10am (Hand Weights) <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;">Food Pantry @ Union Cong. 25 9:30-11am</div></p>
<p>Memorial Day 27 <i>Town Offices Closed</i> </p>	<p>Walking Club 9am 28 Errand Van 9am Chair Yoga w/Karen 9am Game Day 10am Hair by Luann 10am-2:30 (by appt. only) Community Dining 11:30 Busy Hands 1pm SLN: Plaza of Presidents at The National Museum of The Pacific War 2pm</p>	<p>Plainridge Park Casino 9am 29 Clinic 9am-12pm Crocheting 10am Zumba Gold 10:30-11:30 Advanced Whist 11am Mah Jongg 12:30 Movie: The Short History of The Long Road 1pm</p>	<p>Shopper's Van 30 <i>Pick-ups begin@ 8:15am</i> Walking Club 9am Yoga 10am Tech Help (by appt) 10-11am Line Dancing w/Kelly 1pm</p>	<p>Cribbage 9am 31 ABLE Bodies Balance Class 10am (Resistance Bands)</p>

Kelley's Korner....

Kelley Long, Client Services Coordinator,
S.H.I.N.E. Counselor, and
Certified SMP Counselor

WWW.SHINEMA.ORG

Check out the website for information and forms



MEDICARE WILL NEVER CALL YOU!!

If you receive a call from someone claiming to be from Medicare, **HANG -UP!! IT IS A SCAM!!!**

Fuel Assistance & S.N.A.P. Appointments

The Fuel Assistance deadline has been extended to May 10th for new applicants only. Contact Kelley Long at the EBCOA for an appointment and for a list of documentation needed.

S.N.A.P. (Supplemental Nutrition Assistance Program) applications can be filed at any time. Please contact Kelley Long at the EBCOA for an appointment or with any questions you may have.

Memory Lane Café



East Bridgewater Council on Aging
355 Plymouth Street
East Bridgewater, MA
(508) 378-1610

What is the Memory Lane Café?

The Memory Lane Café provides a place *for those experiencing memory loss, along with their care partners and families*, to relax and enjoy socialization, refreshments, discussion and entertainment.

**Monday
May 20, 2024
1:00 pm**

RSVP's are appreciated at 508-378-1610 by May 13th but walk-ins are always welcome

A care partner must accompany anyone who requires supervision or assistance. Visit our Facebook page at East Bridgewater Council on Aging for updates.

May Events

- Chair Yoga w/Karen
- Art with The Pour Artist ~Heather Martin
- Fun and games
- Socialization
- Refreshments



Funding is provided by Old Colony Planning Council Area Agency on Aging through Title III of the Older Americans Act



**Alzheimer's Caregiver Support Group
Thursday, May 9th ~ 2:00pm – 3:00pm**

Jillian Spinale from Stafford Hill Assisted Living in Plymouth, will lead this group to help caregivers, family and others dealing with Alzheimer's and dementia-related illnesses. This group will be held on the 2nd Thursday of each month.

Any questions please contact Kelley at the COA.

Please call the COA to sign up

ENHANCE YOUR MENTAL HEALTH

Monday, May 6th @ 1:00pm

OCES' Elder Mental Health Outreach Team (EMHOT) aims to support older adults 60+ with complex behavioral health conditions, substance misuse, chronic illness, and crisis situations, who may require counseling or long-term case management to improve overall well-being.

Join Deana Andrade, LICSW and Behavioral Health Manager at OCES to learn more about services offered by the Elder Mental Health Outreach Team that may improve your well-being..

Call the COA to sign up



The Commonwealth of Massachusetts
Executive Office of Health and Human Services
www.mass.gov/masshealth

Helpful Information about Medicare Savings Programs (MSPs)

Welcome to the Medicare Savings Programs (MSPs)!

MSPs are not insurance plans. They are programs run by MassHealth that can help lower your Medicare costs. There are two levels of benefits, based on your income, as shown in the table. These program levels are known by their initials: **QMB** (Qualified Medicare Beneficiaries), and **SLMB** (Specified Low Income Medicare Beneficiaries) or **QI** (Qualifying Individuals).

If you are	And your monthly income is*	You may be able to get
Single	Below \$2,385	QMB
	Between \$2,386 and \$2,824	SLMB/QI
A married couple	Below \$3,237	QMB
	Between \$3,238 and \$3,833	SLMB/QI

*Income limits change each year on March 1.

QMB and SLMB/QI Benefits

The level of benefits you can get depends on your income. This table shows what these programs could do for you.

Benefits	QMB	SLMB/QI
Pays your Medicare Part A premium	✓	
Pays your Medicare Part B premium	✓	✓
Comes with Health Safety Net (HSN) coverage at acute care hospitals and community health centers (CHCs)	✓	✓
Helps you with prescription drug costs by automatically enrolling you in Medicare Part D Extra Help	✓	✓
Pays all costs of your Medicare Part A and Part B covered services, like Medicare deductibles, coinsurance, and copays	✓	
MassHealth card 	✓	
Show your Medicare and MassHealth cards so providers know you are in the QMB program.		✓

MSPInfo-0124

Contact Kelley for more information

Clinic Hours

Wednesdays ~ 9:00am – 12:00pm



Blood pressure and blood sugar screenings are available, as well as any other general health questions that you may have. Come on in for a blood pressure check and welcome back Heather!

Nurse Heather will be available to use our new CardioChek Plus analyzer. This analyzer is a portable, handheld device designed to do on-the-spot testing of important blood values. Taking only seconds to deliver results, it will provide consistent and accurate information. Each test will provide overall cholesterol, LDL, HDL, triglycerides, and glucose readings. **This equipment has been purchased, in full, from a grant awarded to the Massachusetts Association of Councils on Aging by the Massachusetts Executive Office of Elder Affairs.** The Massachusetts Association of Councils of Aging nor the Massachusetts Executive Office of Elder Affairs assumes any liability nor endorses any specific product.



VOLUNTEER OPPORTUNITIES!

- ♦ Friendly Visitors
- ♦ Friendly Callers
- ♦ Volunteer Drivers
- ♦ Meals on Wheels Drivers

Please call Kelley at the COA for more information.

Senior Learning Network facilitates lifelong learning programs via interactive video conferencing. Participants have the opportunity to “meet” with presenters from all over the country.



Tuesday, May 7th @ 2:00pm ~ Star Lore of the Ojibwe- Treworgy Planetarium - Mystic Seaport Museum

(Includes a NIGHT SKY UPDATE with Brian! (an SLN favorite!) This show will explore the star lore of the Ojibwe, a First Nations tribe living in the Great Lakes Region of southern Canada and the Midwestern United States. We will discover the elements that make up the traditional ecological knowledge of the Ojibwe, to see how they incorporate their cultural values into creating an understanding of the world around them.

Tuesday, May 14th @ 2:00pm ~ Great Basin National Park Foundation

The Great Basin National Park Foundation passionately works to enhance, preserve, and interpret the starry night skies, wide-open scenery, cultural heritage, and diverse native ecosystems of Great Basin National Park. Our presenters will share an overview of the diverse aspects of this stunning park, as well as a glimpse into the Dark Skies!



Tuesday, May 21st @ 2:00pm ~ FDR the Hobbyist! FDR Presidential Library and Museum

“I owe my life to my hobbies—especially stamp collecting” –Franklin D. Roosevelt



Let’s join another one of our favorite presenters, Jeff, as he shares a *new topic* with us about FDR! FDR was a man with many interests and the means to pursue them. He loved to hunt, fish, plant trees, sail and he collected stamps, books, and birds! We will be looking at reproductions of some of his ship models, naval prints, book collection, and photos of the original “Oddities” exhibit, as well as a map of FDR’s tree farm .

Tuesday, May 28th @ 2:00pm ~ Plaza of Presidents at the National Museum of the Pacific War

The massive scale of World War II is illustrated at the Plaza of Presidents, a stunning tribute to the 10 American presidents who served in various ways during WW II. We will be joining our friend Bryan,(yet another favorite!) at The Plaza of the Presidents outside the museum, which features ten monuments honoring these presidents: President Franklin D. Roosevelt and Harry S Truman (Commanders-in-Chief) Presidents Dwight D. Eisenhower, John F. Kennedy, Lyndon B. Johnson, Richard M. Nixon, Gerald R. Ford, James E. Carter, Jr., Ronald Reagan, and George H. W. Bush who served in uniform. Join us as we learn about their different connections to WWII.



Please call the COA to sign up

Senior Learning Network will be off for June and July, stay tuned for August programs!



Coffee & Conversation with the Veteran’s Agent

Thursday, May 16th @ 10:00am

Christopher Buckley, Veteran Service Officer, for East Bridgewater, will talk about **Veterans discounts and free events leading up to Memorial Day.**

Please call the COA to sign up.



Grandparenting With Autism Workshop Tuesday, May 21st @ 10:00am

Grandparenting with autism can be extraordinary and different. Let Dr. Valarie Whiting be your guide to enriching your grandchild’s life with love and understanding. Join us for this workshop and at AutismColorClub.com to make every moment count.

Dr Valarie Whiting was employed at various Human Services agencies before her retirement in 2023. Her 47 year career began in 1978 at the May Institute for Autistic Students on Cape Cod, Mass. She retired in 2023 after 18 years of service as the MA Department of Developmental Services (DDS) Statewide Training Director. She was instrumental in the implementation of Positive Behavior Supports, creating autism supports training to the 8 Community Colleges in the Commonwealth while running the Direct Support Certificate Program, as well as other major initiatives. She created the DDSLearning.com website for the Commonwealth. Any family, professional, or teacher, can take advantage of free learning opportunities. All available to anyone with a computer, free of charge.

Please call the COA to sign up



LET’S KEEP MOVING!! EAST BRIDGEWATER COA WALKING CLUB!

Tuesdays & Thursdays @ 9:00am

The Walking Club meets in the parking lot behind St. John’s Church.

Walk as much as you want at a pace you are comfortable with.

Join us and walk with new friends!!

RABIES CLINIC Monday, June 10th @ The Center 5:00pm – 7:00pm \$10.00 per animal

The schedule will be as follows:

5:00 pm– 6:00 pm CATS

6:00 pm–7:00 pm DOGS

****If you have both a cat and dog, please come at 5:45 pm**

We ask that all dogs are on leashes and that cats are leashed in a carrier. The clinic is done outdoors and if the vet has to open the cat carrier there is a chance the cat will run, so the leash is extra protection. Please do not bring feral cats.



In order to receive a 3 year vaccination you must provide proof of last vaccination, otherwise a 1 year vaccination will be given. Call Sandra Abban at 508-378-1612 with questions.

Do you Knit or Crochet?



Our **Busy Hands** group meets on Tuesdays at 1:00pm and our **Crocheting** group meets on Wednesdays at 10:00am. Bring whatever you’re working on and join them! All are welcome!!



At Home Hearing Healthcare
Monday, May 20th (10am-12pm)
Thursday, June 27th (1pm-3pm)
(new day/time beginning in June)

Lauren Warburton, Hearing Instrument Specialist from At Home Hearing Healthcare, will be here to provide:

- FREE hearing screening
- FREE Hearing aid cleaning
- FREE video ear exam

no obligation to purchase

Don't miss out on life...improve your hearing today!
 Contact the COA to schedule an appointment.
 Each appointment will run approximately 20 minutes.



Bocce is back!!

It's been a long winter! Get your teams together and give us a call. We will let you know what days/times are available! Whether you are a beginner or an experienced player, **ALL ARE WELCOME!!**

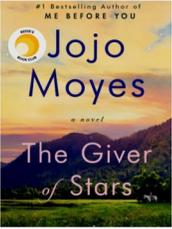
Not quite sure how Bocce is played? No worries! Come on by and watch a game or two!

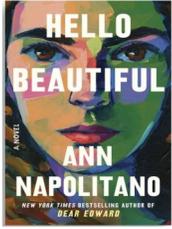
CALL THE COA TO SIGN UP

Book Club

[Book for May](#)
The Giver of Stars
 By Jojo Moyes
Wednesday, May 15th
 10am

[Book for June](#)
Hello Beautiful
 By Ann Napolitano
Wednesday, June 5th
 10am





All Are Welcome!

Copies will be available at the COA the month prior to in regular hardcover, large print and book on CD formats. The title is also available as an eBook and eAudio through the Library's Libby App.

Please call the COA to sign up

Disclaimer: References to any person, product, service or information does not constitute an endorsement or recommendation by the East Bridgewater Council on Aging or any of its employees. The East Bridgewater Council on Aging neither assumes any liability nor endorses ANY specific products or services provided by public or private organizations.



The cost of printing and mailing of this newsletter is funded by the Mass. Executive Office of Elder Affairs.

RETURN SERVICE REQUESTED

Presorted Standard
 US Postage Paid
 Permit No. 1
 East Bridgewater, MA

East Bridgewater Council on Aging
 355 Plymouth Street
 East Bridgewater, MA 02333
 Phone: 508-378-1610
 Fax: 508-378-1611