



# NEW(S) HORIZON

A NEWSLETTER FROM THE  
WALPOLE COUNCIL ON AGING

WALPOLE COUNCIL OF AGING CENTER

135 SCHOOL STREET, WALPOLE, MA 02081

Hours: Monday, Wednesday, Thursday, Friday 8:30 –5:00PM; Tuesday 8:30– 8:00PM

Telephone: 508-668-3330, Fax: 508-660-7363

Website: [www.walpole-ma.gov](http://www.walpole-ma.gov)

The Council on Aging is the department of town government dedicated to assessing the needs of and providing services to Walpole residents age 60 and older. The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Seniors and their families.

You are invited to all meetings of the Walpole Council on Aging. Our next meeting is **THURSDAY, FEBRUARY 25th AT 1:30 PM** at the Newell Senior Center attached to Walpole Town Hall.

*The Walpole C.O.A. is proud to sponsor many events and programs addressing the health and well-being of Walpole seniors. Examples of these are:*

**Nutrition Programs**

**TRIAD**

**HESSCO Lunches**

**Podiatrist**

**Educational Groups**

**Knitting Group**

**Bingo**

**VNA Clinics**

**Yoga**

**Outreach Services**

**Cribbage**

**Financial Programs**

**Writing Group**

**Veterans Group**

**Dominos**

**Whist**

**Bridge**

**Great Trips**

**Chair Exercise**

**Zumba Gold**

**Mah Jongg**

**Day of Beauty (September-June)**

**Transportation for shopping, errands and medical appointments**

**LOOK INSIDE THE NEWSLETTER FOR TIMES & DATES OF THESE PROGRAMS!**

## LETTER FROM THE DIRECTOR

I would like to take this opportunity to thank everyone who supports the Center and helps to create a place where all are welcomed! A special thank you goes out to...

- ♥ Front Desk Volunteers; Jeanne G., Marian B., Ginny O., Virginia D., Naifee M., Mary B., Marcia M., Jeannette B., Ora M., Sally O. and Connie P.
- ♥ HESSCO Meal-site Manager; Carol Hopkins
- ♥ Walk-in-breakfast Cooks and Servers; Don, Colleen, Bob, Rich and Carol
- ♥ Volunteer Health Care Representative; Don Wightman
- ♥ Center Staff; Laurel, Carol, Jane, Jim and Christine



Thank you to all those who make our Center special.

*Courtney Riley*

Director

Walpole Council on Aging

### HELPFUL NUMBERS TO REMEMBER:

**NORFOLK COUNTY "ARE YOU OK?", (866) 900-RUOK (7865)**

Receive a call everyday to make sure you are up and OK!

**HESSCO: (800) 462-5221**

**POLICE (Non-emergency) 668-1212**

**FIRE DEPARTMENT (Non-emergency) 668-0260**

### HOW DO I SIGN UP FOR EVENTS I SEE IN THE NEWSLETTER?

**WHEN CAN I SIGN UP?** Walpole residents can sign up on the **FIRST business day of the month** starting at **8:30 AM**. As long as a trip is not filled, you can sign up until 24 hours before the program takes place. You may sign up for yourself and one (1) other person.

**WHAT IF I COME INTO THE CENTER BEFORE 8:30 AM?** Sign-up does not start until 8:30 AM, regardless of when you arrive at the Center.

**REGISTRATION PROCESS?** You will be given a registration number on a first come, first served basis (beginning at 8:30 AM). If multiple people have arrived, registration numbers will be distributed randomly. Complete an index card with the programs you want to attend. When your registration number is called, present the index card to the employee to process your registration.

**CAN I CALL THE CENTER?** Yes, but we recommend you register for programs in person. The phone will not be answered until 8:30 AM. Leaving a voicemail **does not** register you for programs. Call 508-668-3330.

**WILL I GET EVERY EVENT I ASK FOR?** We try our best to accommodate everyone, however, off campus trips are limited to the number of seats we have on the bus. There are no attendance limits to programs offered at the Center. Transportation can be arranged to bring you to the Center.

**PLEASE SHARE YOUR IDEAS FOR TRIPS AND EVENTS!**

## FEBRUARY TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION
TUESDAY 2/2	<b>Podiatrist</b>	Appointments scheduled in advance required	1:00 - 4:00 PM COA
THURSDAY 2/4	<b>Chickie Flynn's</b>	\$2.50 gratuity per person paid at restaurant. Registration required	11:15 AM Van leaves COA
MONDAY 2/8	<b>Walpole Walmart Trip</b>	Ride provided to and from Walmart. Registration required	11:30 AM Van leaves COA
WEDNESDAY 2/10	<b>Mix-It-Up</b>	Valentine's Day Cards/Boxes. Seniors & young people make cards/boxes for family & friends.	4:00 PM COA
THURSDAY 2/11	<b>Les Burch Presents "A Touch of Nostalgia"</b>	Come listen to some of your favorite songs and reminisce with your friends.	Free at COA 11:30 AM—Please sign up
Monday 2/22	<b>Restaurant of the Month</b>	Skipjack's at Patriot Place, Foxboro Registration required	11:30 AM Van leaves COA
WEDNESDAY 2/24	<b>Creative Corner</b>	Healing Well Studio Please sign up at Center	1:00 PM COA
WEDNESDAY 2/24	<b>Mix-It-Up</b>	Chess/Checkers Tournament—Seniors and young people compete.	4:00 PM COA
MONDAY 2/29	<b>Errand Day</b>	Various Walpole locations. Registration required	Times determined by number of people and locations visited

*Happy Valentines Day to all!*

*Meet a Senior...Desk Volunteer Marian Billingham*



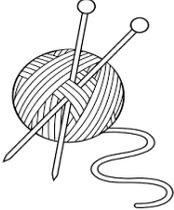
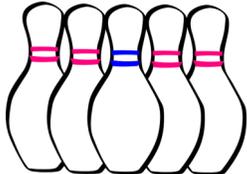
Marian was born in Boston , MA. Her favorite childhood memory is of her mother serving tomato sandwiches and Ovaltine to her and her friends. Tomato sandwiches are still her favorite.

Marian married "Mike " (Warren) in 1951. Together they had three boys. She considers her children her greatest accomplishment. Marian now has six grandchildren and one great-grandchild. Sadly, Mike passed away 14 years ago.

Marian worked as a secretary to the vice president and treasurer of an engineering company before her retirement. Today she enjoys reading, line dancing and crafts. She also enjoys taking care of her rescue cat.

Marian has been a Desk Volunteer at the Center for the past five years. She enjoys welcoming folks to the Center. Stop by and say 'hello' to Marian on Monday mornings.

# FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>SIGN -UP DAY</b></p> <p>10:00AM Exercise Class 1:00PM Dominos 1:30PM Mah Jongg</p> 	<p><b>2</b></p> <p><b>GROUND HOG DAY</b></p> <p>Stop &amp; Shop (AM Trips) 8:30AM Bird Park Walking Club 12:00PM Whist 1:00PM Podiatrist 2:30PM Yoga 4:00PM A Musical Interlude</p>	<p><b>3</b></p> <p>10:00AM Exercise Class 10:00AM Knitting Club 12:30PM Pokeno</p> 	<p><b>4</b></p> <p>8:00- 10:00AM Walk-in Breakfast 8:30AM Bird Park Walking Club 10:30AM Yoga 11:15AM Chickie Flynn's 1:15PM Bridge 6:30 - 9:00PM Hoops &amp; Needles</p>	<p><b>5</b></p> <p>9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club, Walpole Library 12:30PM Bingo</p> 
<p><b>15</b></p> <p><b>PRESIDENTS DAY</b></p> <p><b>CENTER CLOSED</b></p> 	<p><b>16</b></p> <p>Stop &amp; Shop (AM Trips) 8:30AM Bird Park Walking Club 12:00PM Whist 2:30PM Yoga 4:00PM A Musical Interlude</p>	<p><b>17</b></p> <p>10:00AM Exercise Class 10:00AM Knitting Club 11:00AM TRIAD 1:00PM Creative Corner 1:00PM Snowshoeing Lessons</p>	<p><b>18</b></p> <p>8:00- 10:00AM Walk-in Breakfast 8:30AM Bird Park Walking Club 10:30AM Yoga 1:15PM Bridge 6:30 -9:00PM Hoops &amp; Needles</p>	<p><b>19</b></p> <p>9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club, Walpole Library 12:30PM Bingo</p> 
<p><b>29</b></p> <p><b>ERRAND DAY</b></p> <p>10:00AM Exercise Class 1:00PM Dominos 1:30PM Mah Jongg</p>		<p><b>Introducing MIX-IT-UP!</b> Bringing older adults, middle and elementary school children together for <b>FUN</b> activities.</p> <p>Wednesdays at 4:00—5:00 PM 2/10 - Valentine's Day Cards 2/24 - Chess/ Checkers Tournament 3/9 - St. Patrick's Day Craft 3/23 - Board Games 4/13 - Cookie Decorating 4/27 - Learn to Knit</p>	<p><b>* ALL PROGRAMS ARE 1 HOUR IN LENGTH UNLESS OTHERWISE NOTED.</b></p>	

# FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>8</b>  <b>10:00AM</b>                      Exercise Class  <b>11:30 AM</b>                      Walmart Trip  <b>1:00PM</b> Dominos  <b>1:30PM</b> Mah Jongg</p>	<p><b>9</b>                      Stop &amp; Shop                      (AM Trips)  <b>8:30 AM</b>                      Bird Park Walking                      Club  <b>12:00PM</b> Whist  <b>2:30PM</b> Yoga  <b>4:00PM</b> A Musical                      Interlude</p>	<p><b>10</b>  <b>10:00AM</b>                      Exercise Class  <b>10:00AM</b>                      Knitting Club  <b>12:30PM</b> Pokeno  <b>4:00PM</b> Mix-It-Up</p> <div style="text-align: center;">  </div>	<p><b>11</b>  <b>8:30AM</b>                      Bird Park Walking                      Club  <b>10:30AM</b> Yoga  <b>11:30AM</b>                      Les Burch                      Performance  <b>1:15PM</b> Bridge</p> <div style="text-align: center;">  </div>	<p><b>12</b>  <b>9:00AM</b> Zumba  <b>12:30PM</b> Bingo</p> <div style="text-align: center;">  </div>
<p><b>22</b>  <b>10:00AM</b>                      Exercise Class  <b>11:30AM</b>                      Restaurant of the                      Month  <b>1:00PM</b> Dominos  <b>1:30PM</b> Mah Jongg</p> <div style="text-align: center;">  </div>	<p><b>23</b>                      Stop &amp; Shop                      (AM Trips)  <b>8:30AM</b>                      Bird Park Walking                      Club  <b>12:00PM</b> Whist  <b>2:30PM</b> Yoga  <b>4:00PM</b> A Musical                      Interlude</p> <div style="text-align: center;">  </div>	<p><b>24</b>  <b>10:00AM</b>                      Exercise Class  <b>10:00AM</b>                      Knitting Club  <b>12:30PM</b> Pokeno  <b>1:00PM</b> Creative                      Corner - Healing                      Well Studio  <b>4:00PM</b> Mix-It-Up</p>	<p><b>25</b>  <b>8:30AM</b>                      Bird Park Walking                      Club  <b>10:30AM</b> Yoga  <b>1:15PM</b> Bridge  <b>1:30PM</b>                      COA Board Meeting</p>	<p><b>26</b>  <b>9:00AM</b> Zumba  <b>12:30PM</b> Bingo</p> <div style="text-align: center;">  </div>

Please **sign up for ALL trips and events** you would like to attend.

**IN-PERSON** and **PHONE** registration begins **MONDAY, FEBRUARY 1st at 8:30 AM.**

*You must speak to a desk volunteer. Leaving a voicemail **does not** register you for programs.*

AD SPACE

# Happy Birthday ALICE FISCHER!

Meet Alice Fischer, 110 and still going strong.

Alice is believed to be the oldest living resident of Massachusetts, celebrated her 110th birthday Wednesday, December 23rd. At the party at Kindred Transitional Care and Rehabilitation-Harrington in Walpole, she was surrounded by five generations of her family.

Born in New Hampshire, Alice spent most of her adult life in Fall River. She worked as a bookkeeper until she was 85 and lived on her own until just a few years ago. She was active in her church and in town and raised a son with her husband Paul. Alice was an energetic Member of the Walpole Senior Center. Alice loved to Foxtrot and travel.



The New England Patriots mascot, Pat Patriot, presented Alice with a custom-made jersey with her name and the number 110 on the back.

**Congratulations Alice Fischer!**

**NEW PROGRAM ANNOUNCEMENT: SNOWSHOEING LESSONS AT ADAMS FARM**

**February 17, 2016, 1:00PM**

**Program offered by L.L. Bean. Snowshoes provided. Register at COA.**

## **A Note From Your Outreach Worker!**

Hopefully, February 2016 will be a warmer and dryer than last February. With that in mind, please keep an eye out for friends and neighbors. Let me know if you or anyone you know needs assistance. My direct line is 508-660-7362. Please note I will be away February 10th to February 24th. While I am away, please reach out to Courtney Riley if you need help. I look forward to catching up upon my return.

*Laurel St. Pierre*

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Walpole Council on Aging  
Town Hall  
135 School Street  
Walpole, MA 02081

Telephone: (508) 668-3330  
Fax: (508) 660-7363

Courtney Riley, Director COA  
Laurel St. Pierre, Outreach  
Jane Wulk, Van Driver  
Carol Fellini, Van Driver  
Jim Hinds, Van Driver

Dolores Efthim  
Chairman COA Board

Meal Site  
(508) 668-3423

This Newsletter is made possible,  
in part, by a grant from the  
Massachusetts Executive  
Office of Elder Affairs.



*Friends of the Walpole  
Elders, Inc.  
P.O. Box 186  
East Walpole, MA 02032*

Non-Profit  
US Postage  
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## WALPOLE VNA

The Walpole Area VNA nursing staff conducts clinics for blood pressure checks, other screenings and provides health information on the **1st and 3rd of the month at Walpole Senior Center, Town Hall .**

## "WEATHER" OR NOT WE ARE OPEN

**\*REMEMBER WHEN WALPOLE SCHOOLS ARE CLOSED  
THE SENIOR VANS WILL NOT BE ON THE ROAD\***

Please use extreme care and double check the weather conditions before you venture outside. You can't always see black ice on the road, sidewalks or stairs. If the weather is questionable, please **don't** go out unless you have to!



**A special THANK YOU to  
the FRIENDS OF WALPOLE ELDERS and  
NEW POND VILLAGE  
for their sponsorship of the  
Walpole Council on Aging Holiday Luncheon at Raffael's  
and entertainment by Jack Craig.**