

NATICK SENTINEL



Council on Aging

117 E. Central Street
Natick, MA 01760
508-647-6540

Business Hours:

Mon-Wed: 8:30 a.m.-5:00 p.m.
Thu: 8:30 a.m.-7:00 p.m.
Fri: 8:30 a.m.-2:30 p.m.

<http://natickma.gov/626/Council-on-Aging>

November 2016

Letter from the Director

Dear Friends,

November marks a time for giving thanks and as I celebrate my 2nd year with the Council on Aging I wish to thank and acknowledge my exceptionally talented staff, members of the Council on Aging Board, Natick's business and non-profit community, COA volunteers and Friends of the Natick Senior Center. The collected support and dedication of these groups continues to amaze me and are the catalyst that allows the Council on Aging to deliver services and programs to meet your interests and needs.

New & Noteworthy: The Council on Aging & Human Services divisions received funding from Needham Bank to launch a new program **Natick Lights Up the Holidays**. The program developed by Teri Checket and Debbie Budd is designed to help Natick Seniors be prepared for and remain safe during weather related emergencies. As the program's Inaugural Sponsor, Needham Bank will be providing mini-lanterns to three hundred seniors at our holiday dinner and to seniors in our emergency Care and Prepare Program.

Best wishes and thanks,

Susan Ramsey,
Director



The Community-Senior Center will be open, but all programs will be cancelled on **November 8, 2016** for the Presidential Election, as we are a polling site.

Welcoming Statement:

Our center strives to create an environment which values diversity, mutual respect, and supports inclusive ways to work to support services, programs, and advocacy for people of all ages and abilities.



Volume 14, Issue 9

The **Natick Sentinel** is published 10 times per year. Information is published as a guide and service. The goal is to help provide safe, quality services. Ideas and opinions expressed are those of individuals and not the Town of Natick.

For activities requesting donations or fees, provisions have been made to finance those participants who may have financial difficulties. Reasonable accommodations, audio-visual aids, and other services are available upon request.

Call the Community-Senior Center for more information or to talk to staff, below, at 508-647-6540.

COUNCIL ON AGING STAFF

Susan Ramsey.....COA Director
 Lorraine C. McNally.....Asst. Director/Prog. Developer
 Karen Edwards.....Volunteer Coordinator
 Sharon Kirby.....Program Assistant
 Allison Goldman.....Administrative Assistant
 Ken Colon.....Department Assistant
 Patti Collari.....Department Assistant
 Mindy Goldstein.....Technology Program Assistant
 Sheila Young.....CIRS-A/D Information & Referral Specialist/Exec. Asst.

HUMAN SERVICES

Debbie Budd, CIRS-A/D.....Case Manager
 Teri Checket, MS, LSW.....Social Worker/Coordinator

INSTRUCTORS / GROUP LEADERS

Lois Barbour.....Duplicate Bridge
 Robert Baum.....Bridge Instructor
 Doris Burke.....Bridge Instructor
 Manny Correia.....Line Dancing
 Susan Craver.....Zumba
 Erika C. Edmands.....Basic Drawing
 Michael Franklyn.....Writer's Guild
 Sheralee Gladu.....T'ai chi, Strength Training
 Charlene Harper.....Muscle Building
 Susan Interrante.....All Media Workshop
 Donna Lambert.....Knitting
 Mala Maurer.....Chair Yoga
 Gene Pacelli.....Yoga
 Gina Poole.....Goldenaires
 Lori Rosen.....Drop in Beading & Neck Coolers
 Judith Sachs.....Beaded Flowers
 Helen Sicotte.....Quilting
 Tom Swan.....Computer Lab
 Tony Terrasi.....Pool/ Play Pool
 John Vernon.....Chair Aerobics

SPECIAL PROGRAMS

Blood Pressure Clinics.....Natick VNA
 Diabetic Support Group.....Joan Hill
 Income Tax Prep. Assistance.....John Homberg
 Law Help.....Atty. Julie McQuade Ladimer
 SHINE (Tuesday).....Marty Maffeo
 SHINE (Wednesday).....Phyllis DiSano
 SHINE (Thursday).....Mary Keyes & Margaret Snow Reagan

Important Phone Numbers

Emergency: Police, Fire, Ambulance.....911
Bacon Free Library (South Natick).....1-508-653-6730
BayPath Elder Services.....1-508-573-7200
MA Peer Review Org., Medicare Info.....1-508-252-5533
MAB Community Services.....1-800-852-3029
Mass. Dept. of Transitional Assistance.....1-508-628-1200
MetroWest Regional Transit Authority.....1-508-935-2222
MetroWest Medical Center/ Leonard Morse.....1-508-650-7000
Morse Institute Library.....1-508-647-6520
Natick Fire, General Business.....1-508-647-9550
Natick Health Department1-508-647-6460
Natick Police, General Business.....1-508-647-9500
Natick Recreation & Parks.....1-508-647-6530
Natick Town Administrator.....1-508-647-6410
Natick Veterans Services.....1-508-647-6545
Natick VNA.....1-508-653-3081
Senior Citizens Legal Project.....1-508-620-1830
Social Security.....1-800-772-1213

Council on Aging Officers & Board Members

Chair: Harriet Merkowitz
Vice Chair: Richard Goldstein
Secretary: Helen Anzick
Board Members: Roberta Ciarfella, Robert Couture,
 Donald Greenstein, Bill Grome,
 Joan Hill, Karen Oakley, Elaine Ostroff,
 Salvatore Pandolfo

Associate Member: Steve Zafron
 The Council on Aging Board meets the 1st Monday of the month at 7:00 p.m.

Friends of the Natick Senior Center, Inc.

President: Judy D'Antonio
Vice President: Edna Glass
Treasurer: Jerry Pierce
Corresponding Secretary: Margaret Gately
Clerk: Elizabeth Rosa
Gift Shop Manager: Gini Lyster
Board Members: Wilberta Davis, Ann Fremault,
 Donna Lambert, Daryl Lippman,
 Gini Lyster, Tom Swan,
 Charlotte Swartz, John Worcester
Associate Member: Cindy Hurley

Honorary Board Member: Gladys Eagerman
 The Friends of the Natick Senior Center, Inc. Board meeting are held the first Tuesday of the month at 10:00 a.m.

FINANCIAL AID

Any community member can request support to offset some or all of the fees associated with an activity. Please contact Sheila Young at 508-647-6540 x1900 for confidential assistance.

17th Annual Holiday Party for Natick Seniors

Thursday, December 15th at Noon

We hope you can join us for the annual Holiday Party at the Community-Senior Center, 117 East Central Street. There will be a full turkey dinner and dessert.

Event is free and limited to the first **300** people to register. Natick residents can reserve their place starting **Wednesday, November 9th** by calling 508-647-6540 or at the front desk of the Community-Senior Center.

Out of town guests must be members of the Friends of the Natick Senior Center, Inc. and can reserve their place as space allows starting on **Monday, November 21st**.

This is a great opportunity to register for your 2017 Friends membership! Applications will be available in the lobby and on the tables. We would like to thank our Friends of the Natick Senior Center, Inc. and Needham Bank for sponsoring this year's dinner!



**Join us for our 7th Annual
Slice of Pie Social featuring the
Newton Swing Band
Thursday, November 17 at 3:00 p.m.**

Come and celebrate Thanksgiving at our 7th annual Slice of Pie Social. Apple, pecan and pumpkin pies, along with coffee, tea and great music are available to one and all of any age! The pies are donated by the Mary Ann Morse Healthcare Corporation and Roche Brothers, Wellesley. Event is free, but pre-registration is required! Please call the CSC at 508-647-6540 to sign up.

**Friends of the Natick Senior Center, Inc.
Holiday Bazaar
Saturday, November 12 from 9:00 a.m.-2:00 p.m.
Bakers Needed**

Come to our annual Holiday Bazaar on Saturday, Nov. 12 at 9 a.m. This year the Friends of the Natick Senior Center, Inc. are holding their fair at the Natick Elks on 95 Speen Street. Join us for great crafts, baked goods, lunch and raffles. **Bakers needed for our baked goods table.** For more information, call the Friends office at 508-647-6540.

Dana-Farber's Mammography Van is coming to the Natick Community-Senior Center on November 14, 2016!

Embrace A Family, the Natick Service Council, and the Natick Council on Aging are once again collaborating with Dana-Farber's Mammography Van to bring its state-of-the-art digital mammography van to Natick.

This screening is fast, convenient, and is your best defense against breast cancer! The digital screenings are performed by skilled, licensed Dana-Farber mammography technologists and are interpreted by board-certified radiologists at Dana-Farber.

If you have not had a mammogram in the last year, or if this is your first time, this is a great opportunity to take advantage of this important screening. The American College of Radiology recommends that women 40 years of age and older have a mammogram *every year!*

Dana-Farber's Mammography Van possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health. It offers mammograms to women 40 years of age or older; most forms of health insurance are accepted. Don't let any excuse hold you back from making this important appointment. And don't let lack of transportation or daycare hold you back – we can work something out for you. For more information or to request an appointment please email us at: embracefamilynatick@gmail.com



NEW DATE

**Tuesday, November 29
Doors open at 6:30 p.m.
Presentation at 7:15 p.m.
Wilson Middle School**

Your Town, Your Voice

Natick's new Comprehensive Master Plan needs you!

What is our shared vision for Natick's future development and how do we get there? That's what Natick 2030+ is about. We're planning now for what we want Natick to be for our own future and for generations to come.

Phase 1 - Natick Now

Save the evening of November 29 at Wilson Middle School Auditorium for a presentation and community-wide discussion about the state of the town today and what we want to be in the future.

Sign up and learn more at www.natick2030.com.

Turn Clocks **BACK** in FALL



Set Clocks Back 1 Hour
First Sunday In November

Turn Clocks Back 1 Hour

Sunday, November 6, 2016 is the day we turn our clocks back 1 hour.



Weather Related Cancellations

Classes/activities may be cancelled due to extreme weather or unsafe conditions. If the Natick Schools are closed, daytime classes will not be held. Evening classes may or may not be held, depending on road conditions. If in doubt, contact the Community-Senior Center for updates.

SPECIAL EVENTS: November

Opera Appreciation Series

This drop-in course will be guided by Ron Williams, an award winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe. He performed roles with several companies nationally including San Francisco Spring Opera, and Michigan Opera. He sang in the world premiere of "The Last Leaf" with Opera San Jose. Due to the generosity of an anonymous donor, scholarships are available on a confidential basis for those who need it. Participants must apply each session the class is offered. Please contact Lorraine at the CSC for details.

No class Nov 11, Veteran's Day

Fri Nov 4 - Dec 16 10:30 a.m. \$5/class

Help Others To Speak English

Adults from other countries studying English need to practice speaking. Are you interested in sitting and chatting with one adult once a week for 8 weeks? No teaching experience necessary. Support people with be present to help you.

Mon Nov 7 & 14 11:00 a.m. - noon free

Balance Matters: A Falls Prevention Workshop

Physical Therapist, Margie Anderson MPT from Natick Visiting Nurse Association will discuss what the risk factors are for falls; home safety; tips for minimizing risk for falls and exercises to improve balance.

Wed Nov 9 10:00 a.m. free

TED Talks Discussion Group

This is a casual group that enjoys TED. This is not a debate group, but rather a collection of courteous individuals who aspire to learn more about their world. We'll watch 30 minutes of Talks and then talk for 30 minutes. Topic: Everyone around you has a story the world needs to hear – Dave Isay. Over thousands of archived and broadcast interviews, StoryCorps founder Dave Isay — winner of the 2015 TED Prize — has created an unprecedented document of the dreams and fears that touch us all.

Thu Nov 10 11:00 a.m. free



"Hamilton and the Nation's Money" with Gary Hylander

Hamilton remains the most neglected of the Founding Fathers. In part, this is because Jefferson and Adams, his most bitter rivals, outlived him by decades and did everything they could to bury his reputation. Today however, we remember Hamilton as the nation's first Secretary of the Treasury who brilliantly forged the financial and economic institutions that turned America into today's modern capitalistic superpower. Join us for this fascinating talk with historian Gary Hylander as he brings the person and politician, Hamilton to life!

Thu Nov 10 1:00 p.m. free

Pre-registration required for all classes and events by calling the CSC at 508-647-6540 or by registering online at <https://register.communitypass.net/Natick>

Mindfulness Meditation

Each week, join Sharon Kirby as we highlight a different practice including silent sitting, body scan, walking meditation, eating meditation, and more. Through guided meditations we'll explore being in the present moment. Some of the reported benefits of mindfulness practice include: enjoy life more fully, relieve stress, lower blood pressure, reduce pain, and improve sleep. Please bring a yoga mat if you have one; chairs will be available.

Thu Nov 10 2:30 - 3:30 p.m. free

MassHealth Basics

Join Elder Law attorney, Tim Loff who will talk about elder care under Medicaid in Massachusetts, called MassHealth: how it works, how it can pay for care in the home, in assisted living, or in a nursing home, and eligibility issues. Tim will have hand-outs and Q & A

Mon Nov 14 1:30 p.m. free

CSC Book group at Natick CSC

Join a representative from the Bacon Free Library for a fun book discussion on these historical books including both fiction and non-fiction. All are welcome to join whether you have a chance to read the book or not! RSVP requested, register in Community Pass and at the desk at Natick Community Senior Center. Copies of the books are on hold at Bacon Free Library and also available as downloads on Minuteman Library Overdrive. Feel free to bring your own cup of coffee or purchase one at the center!

November 15 - *All The President's Men* by Carl Bernstein & Bob Woodard

December 13 - *Silent Night* by Stanley Weintraub

Tue Nov 15 1:00 p.m. free

Healthy Eating & Nutrition

Join Joan Hill, RD, CDE, LDN for this informative session on the latest science behind the best foods to eat, hydration, and maintaining your health. Hill, a dietitian and diabetes educator for 30+ years will review the current nutrition recommendations for healthy aging, according to the National Institutes of Health. Come with your questions about what healthy eating is for you!

Tue Nov 15 11:00 a.m. free

Let's Talk About Hearing and Hearing Loss

Are you having more difficulty hearing your friends and family? Are your children insisting it's time for hearing aids? Leslie McCowan, Director of the Audiology Clinic at The Learning Center for the Deaf in Framingham, will be joining us to discuss hearing loss, communication strategies and what you should know and look for before starting the hearing aid trial process. She will walk you through the process of hearing assessment, hearing aid consultation, and hearing aid purchase, giving you the tools to be an informed consumer. She will also discuss ways to make communication easier, and answer any questions you may have about hearing and hearing aids.

Wed Nov 16 1:00 p.m. free

Pre-registration required for classes and events by calling the CSC at 508-647-6540 or by registering online at <https://register.communitypass.net/Natick>

SPECIAL EVENTS: December

Shopping For An E-Reader

Looking for a holiday gift? Or thinking of upgrading your e-reader? Join Morse Library associate, Dave Bartos as he reviews various e-readers and what to look for when you are shopping around. He will also explain how to download free e-books from home using the Minuteman Library Overdrive system and your library account. He'll talk about e-reader features including highlighting text, bookmarks, notes and changing your text settings for accessibility. He'll also bring a variety of e-readers to demonstrate.

Thu Nov 17 1:30 p.m. free



Birthday Parties With The Friends

Monthly birthday parties are run by our wonderful Friends of the Natick Senior Center! Join us for cake, ice cream, and lots of fun! All are welcome to come — bring a friend, a grandchild, or just yourself! Come and celebrate with us!

Fri Nov 18 1:30 p.m. free



NEW - Senior Learning Network Program Story Of The Strange Bird: The Origins of Thanksgiving: Offered by: Creative Learning Factory

Our national bird, the bald eagle, was not the first choice of one of our Founding Fathers. The bird that almost became our national bird is only found in America. We celebrate a special day with this bird every November. Participants in this program will learn about the origins of Thanksgiving, who was responsible for it becoming a national holiday, and the prominent bird that almost was our national symbol. Program length is 30 minutes. Please call CSC for information.

Mon Nov 21 OR 28 1:30 p.m. free

You Can Improve Your Memory

Join Judy Sabol in this interactive program on tips for improving your memory and discussion about memory and aging. Refreshments provided by Heritage in Framingham. **Attending both sessions is mandatory.** Registration required - space is limited.

Wed Nov 30 & Dec 7 9:30 - 11:00 a.m. free

Looking for a Good Book? To read or gift? Holiday gift ideas for the book lover on your list!

Join Lorna Ruby, who has worked in the book business for over 30 years as she brings a sampling of new books. She'll talk about the hot new fiction titles, gift books, and holiday selections. Perfect for the book lover or if you're looking for a holiday gift. Here expert recommendations from a book expert and booklover. She is currently the lead book buyer at local independently owned Wellesley Books.

Wed Dec 7 1:00 - 2:00 p.m. free

Wanted: Elves to Assist Santa Return Letters

Every year an elf leaves special mailboxes at the Natick libraries to collect children's letters to Santa. Elves then meet at the Community-Senior Center to help Santa answer the letters. Many elves needed, no previous elf experience necessary. What could be more magical at this time of year? If you are interested please call at 508-647-6540 to sign up. Seasonal music and refreshments.

Mon Dec 12 11:00 a.m. free

Natick High School Choir performing at CSC

Enjoy holiday favorites and more with the Natick High School Choir!

Wed Dec 14 1:00 p.m. free



Engineering for Humanity: Helping Elders Age in Place Through Partnerships for Healthy Living

Natick Council on Aging is collaborating with Olin College in Needham to help them with an exciting course taught by 2 Olin College professors. One aspect of the course is to match older adults with students from Olin, Wellesley, and Babson Colleges. Older adults will have contact with interested students who want to learn about their daily lives and will collaborate with them to design and implement simple engineering solutions to everyday problems. Project participants will also be invited to attend classes and field trips at Olin for occasional events. Older adults must be at least 65 years old, available late January to early May 2017 and be willing to have students come to their homes.

For more information, contact Karen by e-mail at kedwards@natickma.org or 508-647-6540

WE ACCEPT



Visit us on Facebook

<https://www.facebook.com/natickcommunityservices>



GAMES & ART

Pre-registration required for classes and events by calling the CSC at 508-647-6540 or by registering online at <https://register.communitypass.net/Natick>

Art Workshop

Welcome artists of all levels. Work on your project in the medium of your choice (no turpentine). Bring a plastic cover for your area.

Mon 3:00 p.m. - 5:00 p.m. **free**

Beaded Jewelry Making Program – Drop In

Come and make your own beaded jewelry creations including earrings, bracelets, necklaces, etc. All materials are provided and there is a modest charge per item made and taken.

Mon Nov 14 & 28 10 a.m. **free**

Beaded Flower Class: *Beginners welcome!*

Join us as we learn the art of beaded flower making from a knowledgeable instructor. Participants will learn how easy it is to make beautiful beaded flowers and arrangements.

Tue 1:00 p.m. **\$10 fee for materials as needed**

Portrait Painters

Clothed models pose for class attendees. All mediums are used; however, turpentine is not allowed. Models are paid through the class fee of \$6/per class. If you would like to model for the group please call the CSC. Cash or check due on the day of session.

Thu Nov 3 & 10 10 a.m. **\$6 per class**

Writer's Guild

This group of (mostly) amateur writers provides support to other writers, a venue to test your writing efforts by reading your work aloud, and gentle guidance and feedback from group members, if you wish. Members share their work including poetry, fiction, memoirs, essays, and journal entries. This group will help you improve and learn from your peers.

Tue 1 p.m. **ongoing** **free**

COMPUTERS

Computer Lab

Instructor: Tom Swan, Ray Berggren

Drop-in, first come, first served with your computer questions.

Tue, Wed, Thu 1 – 3:00 p.m. **ongoing** **free**
Mon, Fri 9 - noon **ongoing** **free**

FOSS (Free, Open-Source Software) User Group

Learn about good, free, reliable software for your computer, and share ideas with others who use it! The best of it rivals what you can buy, and also breathes life back into weaker computers. FOSS is now the most common software on everything from smart phones to the biggest computers of all. Excellent FOSS applications can fit your computer, your interests, and your abilities. All computer users are welcome.

Thu Nov 3, Dec 1 3:00 -6:00 p.m. **free**

COMMUNITY

Get to Know Your Town Government

A conversation with Sue Salamoff, Natick Board of Selectmen. Come with your questions!

Thu Nov 3 9:30 a.m. **free**

Representative Linsky's Office Hour

Meet with Rep. Linsky and bring your concerns or questions.

Mon Nov 14, Dec 12 9:30 a.m. **free**

Bagels With The BOS

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

Thu Nov 17, Dec 15 9:00 a.m. **free**

Coffee And Current Events

Instructor: Joe Weisse

Discuss international, national, state and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel. Joe serves on the Natick Safety Committee and on the MBTA Advisory Board. Joe, a 30-year resident of Natick, is a former State Agency Public Information Officer.

Fri Nov 18 10:30 a.m. **free**

SHINE

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Volunteers are available at the Community-Senior Center on **Tuesdays, Wednesdays, & Thursdays**. If you have questions regarding your health insurance, please call the CSC and ask for a SHINE appointment.



2017 Senior Parking Permits

Senior citizen 2017 parking permits will be available in December to Natick residents age 65 and older for a \$2.00 fee. Parking permits are available for purchase at the CSC and cover the calendar year (Jan-Dec). A license and a car registration are required at the time of purchase.

COMMUNITY

Red Cross Blood Drives At The CSC

Day	Times	Dates
Mon	2:00 –7:00 p.m.	Nov 14, Dec 12

Please book an appointment for your donation by calling 1-800-REDCROSS (733-2767) or visit redcrossblood.org.

2016 Flu Vaccine Clinics

The Natick Board of Health will be holding flu clinics for Natick residents ages 3 and older.

Thursday, November 10

5:00 p.m. - 7:00 p.m.

Town Hall

2nd Floor

If you are homebound and you would like to receive a flu shot, contact the Natick Health department at 508-647-6460, or health@natickma.org. Leila Mercer, the Public Health Nurse.

Natick Open Door

Weekly community meal and social event, located downstairs at St. Paul's Church Hall (across from Fire/Police station) every Thursday, except Natick School snow days. Come early for music and singing 5:00 - 6:30 p.m. Bring some friends - room for all!

natickconnector



The Natick Connector is a convenient, secure and accessible transportation service for elders and disabled residents. **We are now operating Monday-Friday from 9 a.m.- 4 p.m. and in addition to our 12 passenger van, we will now be using a smaller SUV type vehicle.** The service provides door to door transportation to medical appointments, grocery stores, and other personal services in Natick, and the surrounding towns of Framingham, Wellesley, Wayland, Ashland, and Sherborn. The cost for a one-way is \$2; round trip is \$4. Cash is not accepted on-board; call the MWRTA to set up accounts from which the fare is deducted. To register for the service and set up your accounts, please call the Call Center at **508-820-4650** and tell them you want to set up an account with the *Natick Connector*. Please call two business days before you need a ride. Contact Jim with questions at jbrenneman@natickma.org or phone number: 508-647-6540 x1901.

Drop-in programs: free unless indicated

Days	Program	Times
Mon-Fri	Play Pool	9 a.m.-5 p.m.
Mon, Thu	Poker	Noon
Mon	Chair Volleyball	Noon
Mon, Wed, Thu	Movie	1:00 p.m.; 5:30 p.m.
Mon	Scrabble	1:00 p.m.
Mon	Ping Pong	3:00 p.m.
Tue, Thu	Video Exercise	10:00 a.m.
Tue	Maj Jongg	Noon
Tue	Bingo	12:30 p.m.
Tue	Writer's Guild	1:00 p.m.
Wed, Fri	Chair Volleyball	10:30 a.m.
Wed	Duplicate Bridge	12:30 p.m.
Wed	Knitting/Crocheting	1:00 p.m.
Thu	Contract Bridge	9:00 a.m.
Thu	Quilting	1:00 p.m.
Fri	Cribbage	10:00 a.m.
Fri	Contract Bridge	1:00 p.m.
Fri	Drop-in Bridge	1:00 p.m.
Fri	Ping Pong	2:00-7:00 p.m.

MONDAY

TUESDAY

WEDNESDAY

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1	9:00 Play Pool 10:00 Video Exercise 10:00 Bereavement Support Group 10:00 Advanced Muscle Building 10:00 The Goldenaires 11:00 Muscle Building, <i>Chair Aerobics</i> 12:00 Mah Jongg 12:30 BINGO 1:00 Writer's Guild; <i>Computer Lab</i> 1:00 Beaded Flowers 3:00 Intermediate Bridge w/Robert 5:30 Muscle Building
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2	9:00 Play Pool 9:30 Art with Erika 10:30 Chair Volleyball 11:00 Chair Aerobics 12:00 Line Dancing 12:30 Duplicate Bridge 1:00 Computer Lab; <i>Knitting</i> 1:00 Movie 5:30 Movie
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7	9:00 Play Pool 9:00 Computer Lab 10:00 Beginner's Bridge w/Doris 10:00 Chair Yoga 11:00 Help others speak English 11:30 Zumba 12:00 Poker, <i>Chair Volleyball</i> 1:00 Movie; <i>Scrabble</i> 3:00 Art Workshop; Ping Pong 5:30 Movie
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8	<p>Only open for voting.</p>  <p>Election Day</p>
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9	9:00 Play Pool 9:30 Art with Erika 10:30 Chair Volleyball 11:00 Chair Aerobics 12:00 Line Dancing 12:30 Duplicate Bridge 1:00 Computer Lab; <i>Knitting</i> 1:00 Movie 1:30 Blood Pressure 5:30 Movie
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14	9:00 Play Pool 9:00 Computer Lab 9:30 Rep. Linsky's Office Hour 10:00 Beginner's Bridge w/Doris 10:00 Chair Yoga , Beaded Jewelry 11:00 Help others speak English 11:30 Zumba 12:00 Poker, <i>Chair Volleyball</i> 1:00 Movie; <i>Scrabble</i> 1:30 MASSHEALTH Basics 2:00 Red Cross Blood Drive 3:00 Art Workshop; Ping Pong 5:30 Movie
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15	9:00 Play Pool 10:00 Video Exercise 10:00 Advanced Muscle Building 10:00 Bereavement Support Group 10:00 The Goldenaires, <i>Diabetes Group</i> 11:00 Muscle Building, <i>Chair Aerobics</i> 11:00 Healthy Eating & Nutrition 11:00 Senator Ross 12:00 Mah Jongg 12:30 BINGO 1:00 Writer's Guild; <i>Computer Lab</i> 1:00 Beaded Flowers, Book Group 3:00 Intermediate Bridge w/Robert 5:30 Muscle Building
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16	9:00 Play Pool 9:30 Art with Erika 10:30 Chair Volleyball 11:00 Chair Aerobics 12:00 Line Dancing 12:30 Duplicate Bridge 1:00 Computer Lab 1:00 <i>Knitting</i> 1:00 Movie 1:00 Let's Talk About Hearing and Hearing Loss 5:30 Movie
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21	9:00 Play Pool 9:00 Computer Lab 10:00 Beginner's Bridge w/Doris 10:00 Chair Yoga 11:30 Zumba 12:00 Poker 12:00 Chair Volleyball 1:00 Movie; <i>Scrabble</i> 1:30 Basic Estate Planning 1:30 Senior Learning Network 3:00 Art Workshop; Ping Pong 5:30 Movie
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22	9:00 Play Pool 10:00 Video Exercise 10:00 Advanced Muscle Building 10:00 The Goldenaires 11:00 Muscle Building, <i>Chair Aerobics</i> 12:00 Mah Jongg 12:30 BINGO 1:00 Writer's Guild; <i>Computer Lab</i> 1:00 Beaded Flowers 3:00 Intermediate Bridge w/Robert 5:30 Muscle Building
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23	9:00 Play Pool 9:30 Art with Erika 10:30 Chair Volleyball 11:00 Chair Aerobics 12:00 Line Dancing 12:30 Duplicate Bridge 1:00 Computer Lab; <i>Knitting</i> 1:00 Movie 1:30 Blood Pressure 5:30 Movie
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28	9:00 Play Pool 9:00 Computer Lab 10:00 Beginner's Bridge w/Doris 10:00 Chair Yoga 10:00 Beaded Jewelry 11:00 Help others speak English 11:30 Zumba 12:00 Poker 12:00 Chair Volleyball 1:00 Movie; <i>Scrabble</i> 3:00 Art Workshop; Ping Pong 5:30 Movie
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29	9:00 Play Pool 10:00 Video Exercise 10:00 Advanced Muscle Building 10:00 The Goldenaires 11:00 Muscle Building, <i>Chair Aerobics</i> 12:00 Mah Jongg 12:30 BINGO 1:00 Writer's Guild; <i>Computer Lab</i> 1:00 Beaded Flowers 3:00 Intermediate Bridge w/Robert 5:30 Muscle Building
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30	9:00 Play Pool 9:30 Art with Erika, You Can Improve Your Memory 10:30 Chair Volleyball 11:00 Chair Aerobics 12:00 Line Dancing 12:30 Duplicate Bridge 1:00 Computer Lab; <i>Knitting</i> 1:00 Movie 1:30 Blood Pressure 5:30 Movie
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THURSDAY

FRIDAY

3
 9:00 Play Pool; *Contract Bridge*
9:30 Get to know your Town Government
 10:00 Video Exercise; *Advanced Muscle Building*
 10:00 Portrait Painters
 11:00 Muscle Building
 12:00 Poker
 1:00 Movie
 1:00 Computer Lab, *Quilting*, **The Nurse Is In**
3:00 FOSS
 5:30 Movie
 5:30 Muscle Building

4
 9:00 Play Pool
 9:00 Computer Lab
 10:00 **Balance Matters: A Falls Prevention Workshop**
 10:00 Strength Training Class, *Cribbage*
 10:30 Chair Volleyball
10:30 Opera Appreciation Series
 11:00 Chair Aerobics
 11:15 Tai Chi
 1:00 Intermediate Contract Bridge
 1:00 Drop-in Bridge
 2:00 Ping Pong
 2:15 Yoga ***Please bring your own mat**

10
 9:00 Play Pool; *Contract Bridge*
 10:00 Video Exercise; *Advanced Muscle Building*
 10:00 Portrait Painters
 11:00 Muscle Building; **TED Talks**
 12:00 Poker
 1:00 Movie, **Hamilton and The Nation's Money**
 1:00 Computer Lab, *Quilting*, **The Nurse Is In**
2:30 Mindfulness Meditation
 5:30 Movie
 5:30 Muscle Building

11
 9:00 Play Pool
 9:00 Computer Lab
 10:00 Strength Training Class, *Cribbage*
 10:30 Chair Volleyball
10:30 Opera Appreciation Series
 11:00 Chair Aerobics
 11:15 Tai Chi
 1:00 Intermediate Contract Bridge
 1:00 Drop-in Bridge
 2:00 Ping Pong
 2:15 Yoga ***Please bring your own mat**

17
 9:00 **Bagels with the Board of Selectmen**
 9:00 Play Pool; *Contract Bridge*
 10:00 Video Exercise; *Advanced Muscle Building*
 11:00 Muscle Building
 12:00 Poker
 1:00 Movie
 1:00 Computer Lab, *Quilting*, **The Nurse Is In**
 1:30 **Shopping for an E-Reader**
 3:00 **Slice of Pie**
 5:30 Movie
 5:30 Muscle Building

18
 9:00 Play Pool
 9:00 Computer Lab
 10:00 Strength Training Class, *Cribbage*
 10:30 Chair Volleyball, *Coffee and Current Events*
10:30 Opera Appreciation Series
 11:00 Chair Aerobics
 11:15 Tai Chi
 1:00 Intermediate Contract Bridge
 1:00 Drop-in Bridge, **Low Vision Support Group**
1:30 Birthday Party with the Friends
 2:00 Ping Pong
 2:15 Yoga ***Please bring your own mat**



November 2016

Fitness Room At CSC

The Fitness Room at the CSC is a small community gym with cardiovascular equipment, KEISER pneumatic weight machines, and free weights. To join you must complete an orientation session, which you can sign up for at the front desk at the CSC. There is a \$5 orientation fee. The fee will be deducted from your membership cost if you decide to join the fitness room. Please arrive early for your scheduled orientation time, as late arrivals will not be permitted. If you do not attend the orientation, or do not arrive on time, the fee is nonrefundable. Membership is for 6 months, and is \$25 for those 60 and above, and \$40 for those 18-59. Gift certificates are available from the front desk at the CSC. Please contact the CSC for more information. **Fitness room hours are Mon-Fri from 7:30 a.m. - 8:00 p.m. and Sat 8:30 a.m. - 12:30 p.m.**

SMALL GROUP PERSONAL TRAINING

Instructor: Fitness Together Staff

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. You will be asked to fill out a health questionnaire for the instructor when you sign up. New sessions start each month. **There will be no classes on Nov 8, 24 or Dec. 15. Please note: we have a new class starting at 11:00 a.m. in November! You must specify and then attend ONLY the class you have signed up for as class size is limited. Class size is limited to 8.** Starting for our new 11:00 a.m. class in November and going forward, we will have registration dates for ALL classes. Preference will be given to Natick residents.

For Nov. 15-Dec 13 **11:00 a.m. class**, registration will start **Nov. 2 for Natick residents**, and **Nov. 9 for all non-Natick** residents.

For ALL Dec. 20 classes: registration will start **Dec. 6 for Natick residents**, and **Dec. 13 for all non-Natick** residents.

For ALL Jan. 17 classes: registration will start **Jan. 3 for Natick residents**, and **Jan. 10 for all non-Natick** residents.

New class time

Day	Times	Dates	Price
**Tue & Thu	11:00 - 12:00 p.m.	Nov 15 - Dec 13	\$100 per session
Tue & Thu	10:00 - 11:00 a.m.	Nov 15 - Dec 13	FULL
**Tue & Thu	11:00 - 12:00 p.m.	Dec 20 - Jan 12	\$100 per session
Tue & Thu	10:00 - 11:00 a.m.	Dec 20 - Jan 12	\$100 per session
**Tue & Thu	11:00 - 12:00 p.m.	Jan 17 - Feb 14	\$100 per session
Tue & Thu	10:00 - 11:00 a.m.	Jan 17 - Feb 14	\$100 per session
Tue & Thu	7:00 – 8:00 p.m	Nov 15 - Dec 13	\$100 per session
Tue & Thu	7:00 – 8:00 p.m	Dec 20 - Jan 12	\$100 per session
Tue & Thu	7:00 – 8:00 p.m	Jan 17 - Feb 14	\$100 per session

Weekly Exercise Classes At The CSC

The classes below are on the Multi-Class Exercise Card. Classes are \$3.00 per class and require the purchase of a Multi-Class exercise card. With our new computer system, cards will now be electronic and cost of class will redeem upon sign-in the day of class. Electronic cards are available in 2 denominations: 10 classes for \$30, or 5 classes for \$15. You may purchase the new electronic card at the front desk.

- Chair Yoga: Mondays at 10:00 a.m.
- Zumba: Mondays at 11:30 a.m.
- Muscle Building: Advanced Band Exercises
Tuesdays and Thursdays at 10:00 a.m.
- Muscle Building: Low to Moderate Band Exercises
Tuesdays and Thursdays at 11:00 a.m.
- Chair Aerobics: Tuesdays, Wednesday, and Fridays at 11:00 a.m.
- Evening Muscle Building:
Tuesdays and Thursdays at 5:30 p.m.
- Line Dancing: Wednesdays at 12:00 p.m.
- Strength Training: Fridays at 10:00 a.m.
- Tai Chi: Friday: at 11:15 a.m.
- **NEW TIME!** Yoga: Fridays at 2:15 p.m.

TRIPS

Festival of Trees at Elm Bank

Meet at Elm Bank, 900 Washington Street, Wellesley, MA 02482 or reserve a free ride on the Connector Bus from the CSC to this annual holiday extravaganza showcasing dozens of beautifully decorated Christmas trees, donated and decorated by local businesses, garden clubs, and individuals. Visitors may purchase a raffle ticket to win a decorated tree at the end of the festival. Don't miss the Snow Village, an enchanting display with model trains winding through villages and vignettes, including Christmas in the City (Boston of course!), Fenway Park, and hundreds of decorated houses and lights are sure to get kids of all ages excited about the holiday season. Handicapped accessible.

Wed Nov 30 10:00 a.m. \$5

DAY TRIP TO MUSEUM OF FINE ARTS, BOSTON and special exhibit of William Merritt Chase

Join us for a day excursion to the Museum of Fine Arts in Boston! With the special exhibition of the works of William Merritt Chase (1849–1916) who was a brilliant observer, an innovative painter, and a leader in international art circles at the turn of the last century. Bus will depart from Natick Community-Senior Center at 9:30 a.m. and from the MFA at 2:30 p.m. to return back to Natick Community-Senior Center at approximately 3:30 p.m. Lunch (not included) options at the Museum include 4 eateries. Thank you to Whitney Place Assisted Living Residences and Heritage at Framingham Senior Living for their generosity in providing the transportation. (This event is a non-refundable purchase. Snow date Friday, January 13.)

Fri Jan 6 9:30 a.m. \$18

JACKSON HOMESTEAD AND MUSEUM

The Jackson Homestead in the village of Newton Corner is an historic house that served as a station on the Underground Railroad before the Civil War. **Admission charge to museum is \$5.00.**

Wed Feb 15 10:30 a.m. \$5 admission

*Please note: Additional \$4 if taking the Natick Connector

NEW - Community Connections - Senior Center Without Walls

New program offered via telephone for seniors unable to travel to the Community-Senior Center. The goal is to connect them with a social network, as well as senior center activities, from the comfort of their own homes and create new friendships! Calls will last 30, 45, or 60 minutes on topics ranging from current events, trivia, stories, coffee break, arm chair travel (ex. learn about other countries and their people), as well as topics identified by the callers. The calls will be led by volunteers who will share their skills, expertise, and interests with the seniors. Pre-printed step-by-step and easy to read dial-in instructions will be provided. To participate or request additional information, please call Mindy Goldstein at 508-647-6540 extension 1919.



Monday Movies: at 1:00 p.m. & 5:30 p.m.

New movies

Dates	Film
November 7	<i>Hunt for the Wilderpeople</i> (PG-
November 14	<i>Race</i> (PG-13, Drama)
November 21	<i>The Meddler</i> (PG-13, Comedy)
November 28	<i>A Hologram for the King</i> (R, Drama)

Wednesday Movies: at 1:00 p.m. & 5:30 p.m.

Foreign, Independent, Documentaries; suggestions are welcome!

Dates	Film
November 2	<i>Mountains May Depart</i> (Drama)
November 9	<i>Songs My Brothers Taught Me</i> (Drama)
November 16	<i>The Russian Woodpecker</i> (Drama, Documentary)
November 23	<i>Lemon Tree</i> (Drama)
November 30	<i>Difret</i> (Documentary, Drama)

Thursday Movies: at 1:00 p.m. & 5:30 p.m.

Great older award winning or nominated films

Dates	Film
November 3	<i>Ordinary People</i> (Drama)
November 10	<i>The Sting</i> (Comedy)
November 17	<i>On Golden Pond</i> (Drama)
November 24	CLOSED, Thanksgiving

Details and movie description available at CSC

Volunteer Opportunities

Volunteering for the Council on Aging just got easier! If you are interested in becoming a COA volunteer you just go to www.myvolunteerpage.com and search for "Natick". You will be brought to our new volunteer page where you can get information about volunteer opportunities and apply online to become a volunteer.

Transportation Volunteers

Volunteers are urgently needed in our transportation program. We provide transportation for seniors and residents of all ages with disabilities to medical appointments and other destinations locally, as well as in Boston. Drivers have the opportunity to meet and get to know many new people while providing a much needed service. This opportunity allows for a flexible schedule, and drivers use their own cars to drive people to destinations to which they are comfortable going. Drivers can also opt to drive our new MWRTA sponsored van. If you are driving the van there is no special license required; however, training will be provided and you will be scheduled into morning or afternoon shifts. To sign up to be a volunteer driver go to www.myvolunteerpage.com, search "Natick", and select the link to our online application.

Fall Leaf Raking For Seniors

This one morning or one afternoon commitment is a wonderful way to help by raking the yard of a Natick senior citizen who is unable to do it on his/her own before the snow falls. This is a great opportunity for a school group, family, girl or boy scout troop, a religious organization, or other individual or group to get involved with making a difference in our community through service. The event happens over several weeks in November, after the leaves have fallen. The homeowner provides the leaf bags, and the volunteers bring their own rakes and other equipment (some homeowners can provide equipment as well). To sign up to volunteer for leaf raking go to www.myvolunteerpage.com, search "Natick" and click on the Leaf Raking Volunteer link on the website.

Parking Permit Volunteers

We are expecting the parking permits for 2017 to be here in early-December and are looking for people who are comfortable using computers to look people up in our database and issue parking permits to them. This will involve data entry into our database and confirming that they have a valid driver's license and matching car registration. We will train those who are unfamiliar with our database starting in mid-November.

If you have questions or require further information, e-mail kedwards@natickma.org or call the Community-Senior Center at 508-647-6540.

Fuel Assistance

2016-2017 Winter Season

Natick Human Services staff will be helping Natick residents complete applications for the Low Income Home Energy Assistance Program (LIHEAP) for the 2016-2017 winter season. Applicants may be Natick residents of any age, home owners or renters, pay for their own heat or in some circumstances have it included in their rent. Individuals and families may qualify for fuel assistance if the combined total gross annual income of all household members over the age of 18 is within the income guidelines. Following are the guidelines for family sizes/households of up to 5 people. New applicants can begin applying on November 1st.

Fiscal Year 2016 Low-Income Home Energy Assistance Program

Income Eligibility Guidelines

Household Size	Max. Gross Ann. Income
1	\$ 34,001
2	\$ 44,463
3	\$ 54,925
4	\$ 65,387
5	\$ 75,849

If you are over income for the LIHEAP program, you may be eligible for fuel assistance through the Salvation Army's Good Neighbor Energy Fund (GNEF). Income guidelines will be available in December and applications can be completed and submitted after January 1st. Please call Debbie Budd at 508-647-6540 with any questions about fuel assistance, income eligibility guidelines, or to schedule an appointment to complete an application.

CARE AND PREPARE

The **Natick Emergency Preparedness Team** is continuing to offer a voluntary call system in the event of a weather-related or other town emergency. The purpose of the call is to provide you with up to date information, make sure you are safe and have adequate resources to stay at home for the duration of the event, and to respond to you if you have an emergency situation. You may receive a call prior to and during an emergency informing you of the emergency and instructing you who to call if you need assistance. You or your designee will be responsible for reporting any needs or storm related emergencies. If you are interested in signing up for this program, please request a form at the Natick Community-Senior Center. The information that you provide will be protected, stored in a secure location, and used only in an emergency. **If you signed up last year, you are still active in this program.** If you have any questions, please call Teri Checkat at 508-647-6542.

Eat right – even when money is tight

Did you know that over 4 million older Americans use the Supplemental Nutrition Assistance Program (SNAP) to buy healthy food? If you meet the income qualifications and are approved for SNAP benefits (food stamps), you will receive a special debit card that you can use to buy nutritious foods at most grocery stores. Call Debbie Budd at 508-647-6540 for more information.

Information and Referral

Sheila Young, the Information and Referral Specialist, can offer information and resources for residents of Natick about home care services, assisted living, nursing homes, support groups, adult day health, home delivered meals, and more. Please call 508-647-6540 to speak with Sheila.

Podiatry Clinic with Dr. John

Second Wed of each month from 9:00 a.m.- noon. Appointment required, call CSC. A fee will apply.

Blood Pressure Clinics

Nov 9 & 23 at 1:30 p.m.

Ask an Attorney

Private appointments will be scheduled every 15 minutes. Bring your legal questions to an experienced Elder Law attorney. Call to make an appointment.

Veterans Services

For information and aid for Natick veterans and their families, please call Paul Carew or Sheila Young at 508-647-6545.

Bereavement Support Group

Tue, Nov 1 & 15 at 11:00 a.m.

This drop-in group is for those who have lost a loved one. Bereavement group participation can help to facilitate the healing process. First and third Tuesday of the month. Parmenter Home Care & Hospice facilitates this group.

Low Vision Support Group

Fri, Nov 18 at 1:00 p.m.

This group, sponsored by the Massachusetts Association for the Blind and Visually Impaired, is for individuals who are losing their vision and would like to learn from and listen to others' experiences. For more information about the group, please call Laurie Werle, 800-852-3029.

Diabetes Self Management Support Group

Come join us! We offer a diabetes self-help support group that provides social, emotional, and educational support for people affected by diabetes, or caring for a loved one with diabetes. Diabetes is a chronic illness which can leave you feeling isolated or uncertain about what you are experiencing. The advantage of a group is that you will feel less alone. Group members find that their feelings, fears, fantasies, and hopes are shared by others. The group is facilitated by Joan Hill, RD, CDE, LD. The group meets the **2nd Tues of the month from 10-11 a.m.**

Supportive Services

A social worker is available by appointment to provide residents of all ages with information, guidance, and help completing applications for various local, state, and federal assistance programs, as well as housing options. **Please call the CSC to schedule an appointment.**

**The Nurse is in
Thu from 1:00 - 2:00 p.m.**

A Nurse from the Natick VNA and Distinguished Care Options provides private consultation and education. The nurse will be available by appointment only to discuss any health conditions or concerns.

Home Delivered Meals

Seniors can get meals delivered to their home through BayPath Elder Services. Call 508-573-7200 for more information. There is a suggested donation of \$3.00.

RMV Near Me

The Council on Aging can now conduct certain Registry of Motor Vehicles transactions on-line with assistance from trained volunteers and staff. By appointment only; for more information or to make an appointment, call 508-647-6540.

*****IMPORTANT REMINDER********The Medicare Open Enrollment ends on December 7th!
Don't Wait Until It's Too Late!***

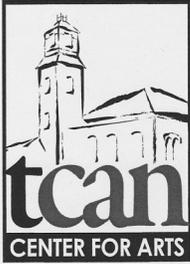
Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered), and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year.

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Be sure to bring your Medicare card, any other drug/health insurance cards, and a detailed list of your prescription drugs to your appointment.

If there are no more appointments available at your center before December 7, there are additional appointments in Framingham (508-532-5980, then press 0); and Needham (781-455-7555). Please call between 9:00 a.m. and 4:00 p.m. and ask the receptionist at the front desk for a SHINE appointment.

For Medicare related matters (other than an appointment), call **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days.

For assistance 24 hours/day, 7 days/week, call 1-800-MEDICARE to speak to a Medicare customer service representative.



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Friends of The Natick Senior Center

Dear Friends:

These crisp, cool days with the sun shining down are just awesome. They give us lots of energy to accomplish many new tasks.

Congrats! Sentinel Senders - 36 volunteers gathered in Room 125 on Monday, September 26, 2016, and completed almost 5,000 copies of our monthly newsletter in just six hours. They enjoyed bagels and coffee in the morning and pizza and water in the afternoon. Super success - thanks to our regulars and many new members.

We have signed up over one dozen new members to the Friends since membership get together on September 20, 2016 organized by Edna Glass and her committee. They were also responsible for notifying the Sentinel Senders. Thanks so much.

Our Volunteer Spotlight shines on Bill Trudell who came to us after retiring in 2014. He began working once a month on the Sentinel. He then moved into working with meals on wheels a couple of times a week and quickly learned his way around Natick. When the Natick Connector Bus came to the Center, Bill was the first volunteer to drive the bus. He helps people on and off the bus and carries their bags of groceries to their front door. He recently started doing the pick up of pastry and bread at Roche Brothers. He puts smiles on many seniors' faces as they receive their goodies. I'm sure as soon as there is a new project at the Center, Bill will be the first in line to do the job. "No run of the mill, that's our Bill."

The early morning group at the Fitness Center deserve a big thank you! They loaded 25 crates of Sentinels into Frank's truck, drove them to the post office, and unloaded them onto the loading dock. "Many hands make light work." Thanks guys, you're awesome!

Don't forget, Saturday, November 12, 2016 - 9:00 a.m. to 3:00 p.m. at the Natick Elks, 95 Speen Street, "OUR ANNUAL CRAFT FAIR". Our goal is to increase our profit, by \$1,000. There are a few vendor spaces left and we can use more volunteers for a variety of tasks.

Please remember, if you have a question or a concern, please call 508-647-6540, ext. 1915. Leave a message. You will receive a call back within 24 hours. We want to hear from you.

Support the Friends of Natick Senior Center, Inc. Friends of Seniors need not be senior!!

Judy D'Antonio

President

Friends of the Natick Senior Center, Inc.

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Council On Aging Board Chair's Corner

To design and deliver services which improve the quality of life for those aging in our community through education, support, and advocacy...aging in the best place in good company.

November is a month of sadness and joy, anticipation and contemplation. It may only have 30 days but each one can be special. We remember our veterans and thank them for their service. We have Thanksgiving, a holiday that anticipates the next month yet is all the more important because it reminds us to be grateful and enjoy our lives.

There are many opportunities to volunteer at our Community-Senior Center. Some of the challenges are one time only, others are on a more regular basis. Some are staff led and others are led by other volunteers. To participate, one only needs to be in touch with our volunteer coordinator, Karen Edwards, attend a seminar to learn of the ways to assist, and complete a CORI check. Helping others will keep you feeling wonderful and smiling.

Have you been to see a SHINE counselor yet? Medicare allows us until December 7 to determine who will be our provider for our drugs and our supplemental insurance. If you need help, and most of us do, don't wait. SHINE volunteers want to assist all of us to choose the best insurance for our own personal needs. They do this without charge.

Have you gotten all the "shots" you need to stay healthy? There will be a clinic at Town Hall in November, if you missed the one in October. Thanks to our Natick Department of Health for being so helpful. They may be able to help you with more than flu shots.

The program committee will be meeting again to evaluate the programs we now have and to look to the future. If you have a great idea, please let me know. My e-mail is at the end of this article. I don't know if you were one of the many people who attended the movie "Gen Silent". This came about because of the passion of Don Greenstein, a member of the COA, who introduced us to a concern that soon became apparent to all of us. Thank you. Your idea can also happen if we know of it.

With thanksgiving and gratitude on my mind, I want to thank the members of the COA, the wonderful staff of the Council on Aging and Community Services, and the many friends I have made at our Center by participating and volunteering. It is wonderful to live in Natick.

I will see you at the pie social. Please remember the Craft Fair run by the Friends. Try to attend the Natick 2030+ meeting on November 29 at Wilson Middle School. It is about OUR future, young and older. Before we know it, we will be celebrating the Holiday Party and the New Year. Time is flying and we are all just trying to keep up.

See you at our Community-Senior Center. Harriet Merkwitz (harriem18@comcast.net)

Special Thanks to the following Sponsors:

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Friends of the Natick Senior Center, Inc. Membership Information



You can become a Friend at the Natick Senior Center, Inc. These donations help run programs at the CSC and help pay the cost of mailing the *Sentinel*. We ask for a donation of \$12 per year. If you live outside of Natick or are under 60 years old, we ask that you pick up a copy of the *Sentinel* at the CSC or view it online at <http://natickma.gov/626/Council-on-Aging>. Mail this form and your tax deductible donation to:

The Friends of Natick's Senior Center, Inc. ~ 117 East Central St. ~ Natick, MA 01760

Make checks payable to: The Friends of Natick's Senior Center, Inc.

Please include a stamped, self-addressed envelope if you want a membership card mailed. **Because we use the Natick Census for our 60+ mailing list having your birth date ensures that you will receive your copy of the *Sentinel*.**

- \$12 Individual
- \$25 Family
- \$50 Special Friend
- \$100 Best Friend
- Exceptional Friend (\$100+) _ \$ _____

- Yes, I would like to volunteer for the Friends! (Please check all that apply)***
- Membership
 - Café
 - Gift Shop
 - Newsletter
 - Special Events
 - Other (Please specify): _____

Please check one: Is this: New membership OR Renewal

Name: _____
 Telephone #: 1 (_____) _____
 Spouse: _____
 Address: _____ Birth date: _____
 City: _____ State: _____ Zip code: _____
 Birth date: _____ email _____