

NATICK SENTINEL

December 2011

Letter From The Director



90 Oak Street
Natick, MA 01760
508-647-6540

Mission Statement:

To provide and promote advocacy and support systems focused on issues of aging, working toward the ultimate goals of independence, improved quality of life and preparation for life change.

- **Information**
- **Referral**
- **Crisis Intervention**
- **Counseling**
- **SHINE**
- **Advocacy**
- **Transportation**
- **Programs/Activities**
- **Nutrition**
- **Volunteer Opportunities**

Dear Community Members,

I am so pleased to be able to print this retraction—Contrary to what was printed in the November *Sentinel*, there will be a 12th Annual Senior Center Holiday Dinner for Natick seniors. Because of the lack of kitchen facilities, storage, and parking at our temporary location we had regretfully announced the cancellation of our Holiday Dinner. Once again the Natick community has come through! There have been many departments, officials, individuals, businesses, and organizations who have come forward to help us with the expense of having a slightly different Holiday Dinner. We will be having a catered turkey dinner at the Elks Club on Speen Street on Wednesday, December 14, 2011 at noon. (page 3)

The Holiday Dinner began 12 years ago as a staff gift to the seniors. The cooking, baking, and serving was all done by the staff. As the years have passed, the event has grown and become a true community tradition of giving. It now takes over 80 volunteers to assist the staff. All of the food, preparation, and serving has been supplied by volunteers and donations. This year the community is again volunteering and contributing in a different way to make sure the tradition continues. Thank you Natick!

At this busy time of year people are celebrating one (or more) of the end-of-year holidays: Diwali, Kwanza, Soyala, Hanukkah, Eid al-Adha, Christmas, Winter Solstice. Whether you are celebrating these, some other holiday or none at all please join us during this season of good will. We have many events and festivities planned throughout December. Our Santa party (p. 5) is on December 12th and 19th and our Gift Wrapping Party on December 13th (p.5).

Remember, you can support the Friends of the Natick Senior Center, Inc. by attending their Holiday Bazaar on Saturday, December 3, 2011. Or you can shop in the gift shop any time. There are lovely gift items for reasonable prices available in the gift shop year round. If you are doing holiday shopping online, you can find most online retailers at the GoodShop website. Go to the GoodShop website and select Friends of Natick Senior Center, Inc. as the charity you want to receive a percentage of your purchase as a donation. It does not cost anything extra; the Friends just receive a donation. Even if you are not shopping online ask your friends and family members who are to shop through GoodShop and designate the Friends of Natick Senior Center as the beneficiary. I do!

Please join us as a participant and/or as a volunteer as we share the spirit of the season. May the peace and joy of this beautiful season remain with you throughout the year.

Happy Holidays,
Moir

The **Natick Sentinel** is published 10 times per year. The material used is compiled by senior volunteers. 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.

HUMAN SERVICES/COA STAFF

Moira Munns.....Director
 Human Services / Council On Aging
 Mignonne Murray.....Asst. Director/Program Developer
 Anna Brown.....Outreach Clerk
 Debbie Budd.....Outreach Coordinator
 Sandy Carr.....Senior Records Clerk
 Nancy Carson, LSW.....Community Advocate
 Teri Checket, MS,LSW.....Elder Advocate
 Karen Edwards.....Volunteer Resource Coordinator
 Lorraine C. McNally.....Volunteer Resource Coordinator
 Christina Player, LICSW.....Social Worker
 Sheila Young, CIRS-A.....Executive Assistant
 Jean Hagelston, Carolyn Peach.....Meal Site Managers

INSTRUCTORS / GROUP LEADERS

Erika C. Edmands.....Watercolor/ Sketching
 John Vernon.....Chair Aerobics
 Michael Franklyn.....Writer's Guild
 Sheralee Gladu, Joan Hill.....NEW Winners
 Lillian Delorie.....Bingo
 Lois Barbour.....Duplicate Bridge
 Jonathan Lechan.....Computer Instructor
 Mary Patton.....Contract Bridge
 Gina Poole.....Goldenaires
 Lori Rosen.....Drop in Beading
 Helen Sicotte.....Quilting
 Tom Swan.....Computer Lab
 Sheralee Gladu ...T'ai chi, Stretching, Strength Training,
 Zumba
 Tony Terrasi.....Pool/ Billiards
 Gene Pacelli.....Yoga
 Donna Lambert.....Knitting

SPECIAL PROGRAMS

Blood Pressure Clinics.....Natick VNA
 Diabetic Support Group.....Joan Hill
 Income Tax Prep. Assistance.....John Homberg
 Law Help.....Atty. Denise Yurkofsky
Atty. Julie McQuade Ladimer
 Rebuilding After Loss.....Mardy Wheeler
 SHINE (Wednesday).....Phyllis DiSano,
 SHINE (Thursday)Margaret Snow Reagan,
 Mary Keyes, Marty Maffeo

NEWSLETTER

Labels.....Gladys Eagerman

NATICK VETRANS SERVICES

Veterans' Services Officer.....Paul Carew
 Executive AssistantSheila Young, CIRS-A

Important Phone Numbers

Emergency: Police, Fire, Ambulance.....911
Bacon Free Library (South Natick).....1-508-653-6730
BayPath Elder Services.....1-508-573-7200
BayPath Elderly Nutrition.....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 COA/ Senior Center.....1-508-647-6540
Natick Fire, General Business.....1-508-647-9550
Natick Health Department1-508-647-6460
Natick Human Services.....1-508-647-6519
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



COA Officers & Board Members

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Vice Chair: Sue Salamoff
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Gift Shop Manager: Gini Lyster
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 Gladys Eagerman, Edna Glass, Donna Lambert,
 Arlene Mills, Alice Mitchell, Judy Plante, Guy Schrag



Happy Holidays from the Natick Senior Center!






You are invited to the.....



Natick Senior Center Holiday Dinner



The 12th annual turkey dinner with all the fixings will be served at 12:00pm followed by a performance by the *Goldenaires* and dessert.



Date: Wednesday, December 14th

Time: 12:00pm

**Location: Natick Elks,
95 Speen Street**

Cost: Free!!!

Please call 508-647-6540 to sign up. Advance is required as there is a limit to the number of attendees.

The event is open to Natick Seniors and current members of the Friends of the Natick Senior Center, Inc.

No School = No Senior Center

Just a reminder: If Natick schools are closed due to snow or ice, all programs and activities at the Natick Senior Center also will be canceled for the day.

These cancellations include home-delivered Meals on Wheels, as well as lunch, groups and classes at the Senior Center. Transportation to medical appointments, grocery stores, and other destinations will also be canceled.

Please tune in to local television and radio stations for Natick school closing announcements. Senior Center staff members will be in the office as travel conditions allow and will be available for non-program services. So use your good sense and if you're concerned about traveling outside - don't!

Stay home- safe and warm.

CODE RED

Can the Town of Natick reach you in an emergency? The Town of Natick recently implemented a “reverse 911” call system. In an emergency such as the Hallowe’en weekend nor’easter, the town is now able to contact residents and businesses by phone with emergency information.

The town uses public databases to gather telephone numbers. If you would like to register your phone number with CodeRed the quickest way to sign up is through the link to CodeRed on the home page of the Town of Natick website <http://www.natickma.org>. If you do not have access to the internet at home, please consider using a computer at the Senior Center or the Morse Institute Library or ask a friend or family member for assistance. On-line registration is the most efficient, accurate and private way to supply your information. If you cannot register on-line, you can call the Natick Community Notification System Coordinator at (508) 647-9511 and speak with the communications specialist.

Council on Aging Board — Chairman’s Corner

Hey readers, thank you all for checking out the latest version of the Sentinel. As usual, I hope there are some activities and events that appeal to you, and I look forward to seeing you around the Senior Center. The winter is fast approaching, and the Council on Aging is again using this opportunity to work with the Natick Rotary and the local Home Depot in our second annual snow melt delivery project. On Saturday, December 10, volunteers will deliver snow melt, donated by Home Depot, to residents throughout Natick. I want to thank Moira Munns and her staff for helping organize these deliveries, and I want to again congratulate the Council on Aging, the Natick Rotary, and the Home Depot for coming together to serve our community. As a second brief update, and as many of you already know, Natick’s fall Town Meeting voted to approve Article I on this year’s warrant, authorizing Town Administrator Martha White to proceed with her reorganization plan. As I mentioned in a previous “Chair’s Corner,” the Council on Aging supported this concept, as we hope the new Director of Community Services helps coordinate times and spaces at the new Community Senior Center in a way that benefits all those who will use the building. The Town Meeting also voted for indefinite postponement on Article 24, which the Council on Aging stood in firm opposition to. Finally, I and the other members of the Council on Aging are continuing to think of ways that we can be of service in the coming weeks and months. As I’ve stated before, we welcome your input, as it is our primary source of information and essential to our service. So, if you have any ideas, or if there are any other issues you would like to discuss, I encourage you to reach out to me personally with any questions or concerns. Thank you all so much. -Dylan Hayre

New Community Senior Center Update

The Building Committee had its first visit of the construction site and it was very exciting to see the progress. The steel framing is being put up for the entire building and concrete will soon be poured for the first and second floors. The parking lot paving is expected to be done by the end of the year. Solar panels are being considered for the roof. Work also continues in the selection of interior colors, window treatments, furnishings and equipment. To view pictures of the progress of the construction go to the Natick town website <http://natickma.gov> and click on the Community / Senior Center Building Committee or go directly to <http://natickcsc.com/>.

The pictures are in reverse chronological order.

- Lori Rosen





Decorate the Senior Center for the Holidays Monday, December 5th at 10:00am

Elves Wanted!

**Monday, December 12th from 3:00-5:00pm and/or
Monday, December 19th at 10:00am**

Every year an elf leaves special mailboxes at the Natick libraries to collect children's letters to Santa. Elves then meet at the Senior Center to help Santa answer the letters. Many elfish helpers 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.



Be A Santa To A Senior Gift Wrap Party Tuesday, December 13th from 3:00-5:00pm

During this season of giving the Natick Human Services & Council on Aging and Home Instead Senior Care have joined forces to help brighten the Holidays for seniors right here in Natick. This is the fourth year of the *Be A Santa To A Senior* program. There will be a giving tree at Natick Federal Savings where you can pick up a tag to buy a gift for a Senior or you are invited to help wrap the gifts collected at our *Be a Santa to a Senior Gift Wrap Party* on **Tuesday, December 13th from 3:00-5:00pm** at the Senior Center. We hope you can join us and if you have some nice wrapping paper to donate, bring that along too. There will be refreshments. If you would like more information or would like to sign up

Rivers Middle School Chamber Ensemble and Select Chorus Thursday, December 15th at 2:15pm

The chamber ensemble is a small instrumental group which presents classical and popular music. They will perform a wide repertoire of pieces, including a few holiday favorites. The select chorus is a group of 30 middle school student singers, led by John Bower. The concert will conclude with a joint performance of the chamber ensemble with the chorus. Please call to sign up 508-647-6540.

Trivia Contest

Please join us for our monthly Natick Trivia Contest (see question below). Winners will be selected from a monthly drawing of correct answers and receive a lovely T-shirt, decorated with the town gazebo on the back. Good luck to all!

December's Question: It is originally part of the Harwood estates, founded by two graduates of Wellesley College and the first classes were taught from a converted horse stable. What is it?

Know the answer?


Call Sandy Carr at 508-647-6540 or email her at scarr@natickma.org by 12:00pm on Thursday, December 15th. A winner will be selected by a drawing from the correct answers. Trivia questions & answers provided courtesy of *Natick Historical Society*.

November's Question: Which construction project came first—the Library, Police/Fire Station or Town Hall?

November's Answer.....the library

November's Winner was Casandra Vachon



WEDNESDAY	THURSDAY	FRIDAY
	<p>1 9:00 Men's Pool 9:00 Contract Bridge 10:00 SHINE, by appointment 10:00 Video Exercise 11:45 Baked Chicken 12:45 Bingo 1:00 Computer Lab 1:00 Quilting 2:15 Zumba 3:00 Strength Training</p>	<p>2 8:30 Walking Club 9:00 Men's Pool 10:30 Chair Volleyball 10:45 Chair Aerobics 11:45 Fish Tenders 1:45 Yoga</p>
<p>7 9:00 Men's Pool 9:30 Watercolor/Sketching 10:00 SHINE, by appointment 10:30 Chair Volleyball 11:45 Roast Chicken 12:30 Duplicate Bridge 1:00 Computer Lab 1:00 Knitting 3:00 FOSS User Group 3:15 Stretching Class</p>	<p>8 9:00 Men's Pool 9:00 Contract Bridge 10:00 Video Exercise 10:00 SHINE, by appointment 11:00 Moment with Moira 11:45 Ground Beef Burgundy 12:00 Beginners Computer*** 12:45 Bingo 1:00 Computer Lab 1:00 Quilting 2:15 Zumba 3:00 Strength Training CLOSING AT 7:00PM</p>	<p>9 8:30 Walking Club 9:00 Men's Pool 10:30 Chair Volleyball 10:45 Chair Aerobics 11:45 Breaded Chicken Cutlet 12:00 Yoga** New time! CLOSING AT 1:30PM</p>
<p>14 Natick Senior Center Holiday Dinner at the Natick Elks 12:00pm **Advanced sign up required Senior Center closed for all programs.</p>	<p>15 9:00 Bagel's with the BOS 9:00 Men's Pool 9:00 Contract Bridge 10:00 Video Exercise 10:00 SHINE, by appointment 11:45 Swedish Meatballs 12:00 Beginners Computer Class 12:45 Bingo 1:00 Computer Lab 1:00 Rebuilding After Loss 1:00 Quilting 2:15 Zumba 2:15 Rivers School Performance 3:00 Strength Training CLOSING AT 7:00PM</p>	<p>16 8:30 Walking Club 9:00 Men's Pool 10:30 Chair Volleyball 10:45 Chair Aerobics 11:45 Roast Pork with Rosemary Gravy 12:00 Yoga** New time! CLOSING AT 1:30PM</p>
<p>21 9:00 Men's Pool 9:30 Watercolor/Sketching 10:00 SHINE, by appointment 10:30 Chair Volleyball 11:45 Chicken Caesar Salad 12:30 Duplicate Bridge 12:30 Holiday Movie 1:00 Computer Lab 1:00 Knitting 3:00 Ask an Attorney 3:15 Stretching Class</p>	<p>22 9:00 Men's Pool 9:00 Contract Bridge 10:00 SHINE, by appointment 10:00 Video Exercise 11:45 Chili with Cheddar Cheese 12:00 Beginners Computer Class 12:30 Holiday Movie 12:45 Bingo 1:00 Computer Lab 1:00 Quilting 2:15 Zumba 3:00 Strength Training CLOSING AT 7:00PM</p>	<p>23 8:30 Walking Club 9:00 Men's Pool 10:30 Chair Volleyball 10:45 Chair Aerobics 11:45 Spicy Chicken Brown Rice 12:00 Yoga** New time! CLOSING AT 1:30PM</p>
<p>28 9:00 Men's Pool 9:30 Watercolor/Sketching 10:00 SHINE, by appointment 10:30 Chair Volleyball 11:45 Salisbury Steak 12:30 Duplicate Bridge 1:00 Computer Lab 1:00 Knitting 1:30 Family Film 3:15 Stretching Class</p>	<p>29 9:00 Men's Pool 9:00 Contract Bridge 10:00 SHINE, by appointment 10:00 Video Exercise 11:45 Chicken Cacciatore Ziti 12:00 Beginners Computer Class 12:45 Bingo 1:00 Computer Lab 1:00 Quilting 1:30 Family Film 2:15 Zumba 3:00 Strength Training CLOSING AT 7:00PM</p>	<p>30 8:30 Walking Club 9:00 Men's Pool 10:30 Chair Volleyball 10:45 Chair Aerobics 11:45 Shepard's Pie 12:00 Yoga** New time! CLOSING AT 1:30PM</p>

Walking Club**Tuesdays and Fridays at 8:30am**

For the winter season the Walking Club has begun walking at the Natick Mall. The group will meet inside the mall between the California Pizza Kitchen and Crate and Barrel.

**Monthly Podiatry Clinic with Dr. John**

Appointment required, call 508-647-6540.

Bereavement Support Group**“Rebuilding After Loss”****Thursday, December 15th at 1:00pm**

For those people who have suffered a loss and would like the opportunity to share their experiences with others who may be dealing with similar challenges. The group will discuss personal perspectives about loss and grief and discover ways to help each other.

Mardy Wheeler facilitates the meetings.

Council on Aging Board Meeting**Monday, December 5th at 7:00pm****FOSS User Group****December 7th from 3:00-5:00pm**

Would you like to learn about good, free reliable software for your computer, and share ideas with others who use it? FOSS stands for Free, Open-Source Software. There is an introductory slide talk, right at 3:00pm and feel free to bring your laptop computer.

**Moment with Moira****Thursday, December 8th at 11:00am****Diabetes Self****Management Support Group****Tuesday, December 13th at 10:00am**

For people who have Diabetes, this group offers a wealth of information and support aimed at empowering people to deal with this endocrine disorder more effectively.

**Meet with your State Legislators**

We are pleased to offer you an opportunity to meet with your local State Senators and Representatives at the Senior Center.

- Senator Ross' office hour will be onsite Tuesday, December 13th at 1:00pm.
- Representative Linsky and Representative Peisch's office hour will be onsite Monday, December 5th at 9:30am.

**Bagels with the BOS
(Board of Selectmen)****Thursday, December 15th at 9:00am**

Once a month sit and enjoy a fresh bagel and coffee with a member of the Board of Selectmen. Carol Gloff will be here to answer any questions and address concerns from Natick residents. Bagels and coffee provided through a donation by Whitney Place Assisted Living Residences.

**Drop In Beaded Jewelry
Making Program**

Come and make your own beaded jewelry creations including earrings, bracelets, necklaces, etc. on

**Monday December 12th and/or Tuesday
December 20th, from 10:00 am – 12:00 pm.**

On the December 12th date we will also be showing participants how to make wire and bead ornaments. All materials will be provided and there is a modest charge per item made and taken. All ages are welcome. Some assistance is available, but this is not a formal class.

We are also looking for some experienced beaders to assist with future drop in sessions. Please contact Mignonne at 508-647-6540 for more information.

Community Garden Project

Monday, December 5th at 7:00pm

Once upon a time we had individual garden plots in Natick. But times change and today Natick residents lack a community garden. Many of us are dreaming of a garden or a garden where youth and seniors can work alongside and grow healthy food and colorful flowers. We are fortunate to have many gardeners and farmers in our town who care about creating healthy food and keeping Natick a healthy community. We are hosting a meeting for likeminded gardeners or aspiring gardeners to meet and discuss the future gardening projects in Natick. Please call 508-647-6540 to sign up.



How To Increase Your Energy 100%!

Tuesday, December 6th 1:00pm

Everyone wants extra energy and most reach for some form of stimulant to get it. There is a scientifically proven 4 step plan to help capture the energy of your youth. This workshop focuses on how we can increase our energy levels naturally and effectively while increasing our overall health from the inside out. One of our most popular workshops broken down into easy to understand and achievable steps. Please call 508-647-6540.

Beginners Computer Class

Starting Thursday, December 8th at 12:00pm

Learn about Microsoft programs including Word and Excel, an introduction to the Internet, email, and an overview of other popular programs. Please call 508-647-6540 to sign up.

Presentation by The Consumer Assistance

Office Metro West, Inc.

Monday, December 12th at 10:00am

The presentation will address the kind of consumer assistance available and scams and frauds. Please call 508-647-6540 to sign up.



Movies, Movies, Movies

Monday Movie Matinees at 12:30

Monday, December 5th Crazy, Stupid, Love.
(2011)

Monday, December 12th Water for Elephants
(2011)

Monday, December 19th Elf

There will be Holiday movies the week of December 19th, 20th, 21st, and 22nd.

There will be family films the on December 27th, 28th, 29th at 1:30pm.

Coming in January — Neck Coolers

Starting in January we will again be making neck coolers. This time they will be donated to the troops overseas. We will need a variety of materials, so please contact the senior center at 508-647-6540 if you have any of these items to donate or if you would like more information about this program. Items needed: 100% cotton fabric (especially 'male' type colors), sewing machine thread, rotary cutters, cutting mats, pins, measuring spoons, funnels, iron, rulers, fabric turning tools.



SHINE (Serving the Health Information Needs of Elders)

The Natick Human Services & Council On Aging offers two opportunities to meet with a SHINE counselor:

**Wednesdays, 10:00 to 12:00
and
Thursdays, 10:00am-3:30pm**

If you have questions regarding your health insurance, please call 508-647-6540 and ask for a SHINE appointment.

The SHINE counselors ask that when you come for your appointment you bring any health insurance cards and prescription information you have with you.

SHINE is coordinated by the Mass. Executive Office of Elder Affairs in partnership with the Natick Council on Aging and other local agencies.

Medicare and Prescription Drugs



Does it matter which pharmacy you use?



For some Medicare plans, the pharmacy you use could make a difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that isn't in your plan's network, your drugs will not be covered. If you find that your pharmacy does not accept your plan, you should go to one that does.

Several Medicare plans have **preferred pharmacies** in addition to network pharmacies. If your plan has preferred pharmacies, you may save money by using those pharmacies. Your prescription drugs may cost much less at a preferred pharmacy. For 2012, the plans with preferred pharmacies are: Aetna CVS, CVS Caremark Plus, First Health Part D Value Plus, Humana Walmart-Preferred Rx, and Rite Aid Envision Rx Plus.

Some plans also offer a **mail-order program** that allows you to get up to a 90-day supply of your covered prescription drugs sent directly to your home. This is sometimes a cheaper and easier way to fill your prescriptions.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

***IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT-
CALL 1-800-MEDICARE NOW!***



Check Out

The Executive Office of Elder Affairs has several vocational training and educational programs listed on their website. Offerings include an on-line search tool of training programs through the Mass Department of Workforce Development, federal student aid programs for people collecting unemployment benefits, certificate programs for specific job skills training programs, and temporary training assignments for on- the- job experience for low-income individuals through the Senior Community Service Employment Program. The website also provides information on on-line job databases, resources for resume writing, interview skills and networking and unemployment assistance. Go to the Mass Executive Office of Elder Affairs website and follow the prompts for "Help Getting a Job." -Teri Checket



Congregate Lunch



A Congregate Lunch is offered Monday through Friday at the Senior Center at 11:45.

To attend you need to call the center the day before at 508-647-6540.

The suggested donation is \$2.

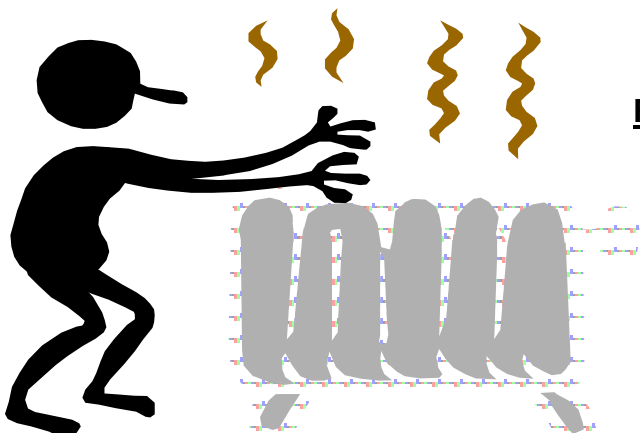


Fuel Assistance Applications

The Natick Human Services and Council on Aging Department is helping Natick residents to complete applications for the Low Income Home Energy Assistance Program (LIHEAP) and the Salvation Army's Good Neighbor Energy Fund (GNEF) again this year.

Applicants are Natick residents of any age, may be either homeowners or renters, pay for their own heat or in some circumstances have it included in their rent, and may use any type of heating fuel. Individuals and families qualify for the Fuel Assistance Program if their total income is within certain income limits. The combined total gross annual income of all household members over the age of 18 must be below the following guidelines to be eligible for one of these programs.

Please call Debbie Budd or your Human Services/ COA social worker at 508-647-6540 with any questions you may have about fuel assistance or to schedule an appointment to complete an application.



<u>Family Size (# of people in the household)</u>	<u>Income</u>
1	\$41,624
2	54,432
3	67,239
4	80,047
5	92,855
6	105,661



Join Your Friends At TCAN

- Concerts
- Community Theater
- Classical Music
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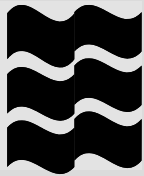
14 Summer Street Natick, MA. 508-647-0097
www.natickart.org



(508) 653-4500
 (508) 653-4501

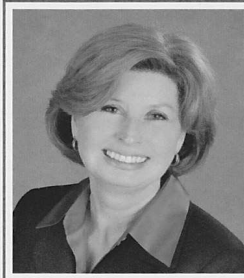
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 NATICK, MA 01760

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JFKTaxisnatick.com



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"A Rehabilitation & Skilled Nursing Facility"

"Quality Care
 in a
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 Catherine "Kit" Symonds



COMMUNITY BULLETIN BOARD



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 5:00-6:30pm (closed July and August). Bring some friends -room for all!

The Rivers School Lunchtime Concert Series, A Community Invitation

11:30 am – 12:30 pm

Wednesday, February 8

The Chorus

Wednesday, May 16

The Orchestra



Rivera Hall at The Rivers School Conservatory
333 Winter Street, Weston MA 02493

Our building is fully accessible and Rivera Hall is on the first floor.

Admission is free.

Reservations are requested to ensure that we have enough seating.

For Reservations and Questions, please contact Jeanette Szretter, Director of Community Service at j.szretter@rivers.org or 339-686-2433. For directions to Rivers: <https://www.rivers.org/directions>.

We look forward to seeing you!

55+ Social Club News

Marie Coll reports the club had an active auction and planned a special activity for the next meeting, December 5, 2011. The Club will have a Susan Boyle "Meet and Greet" complete with videos, Susan Boyle Bingo, and videotape meeting for the website.

Chairman Grace Rooney asks guests to call 508-655-0528 for reservations. Members will wear Red and provide desserts and fruit for the party. I am still not sure who will be playing Susan Boyle, but I do know her spirit will be there and maybe her new CD along with a whole lot of fun. Bring your party face!

55+ Club always features a fun time and celebrates the holiday Wednesday evening, December 14, 2011 at Ken's Steak House. Members must pay \$16.00 for Prime Rib before December 5, 2011 to Club Treasurer or \$21.00 for Fish. We will be listening to piano entertainment.

Wednesday, December 7, 2011 at 3:00 pm, Creative Connections at Morse Library will present "Real Men Don't Rehearse" with book signing by Justin Locke former Boston Pops and Boston Symphony musician.

There will be no business meetings in January and February but meetings resume March 5, 2012. There will be Mall meetings in the interim to keep members in touch. See Treasurer Charlotte Swartz to join club, dues \$10.



Friends Holiday Bazaar, Saturday, December 3rd from 10:00am-3:00pm

The "Friends Holiday Bazaar" fundraiser will be held Saturday, **December 3rd, 2011** from 10:00am to 3:00pm at the Natick Senior Center 90 Oak Street, Natick.

The knitting group will have tables full of toddler and children's hats, sweaters, scarves, baby blankets, felted hats, and afghans. There will be tables full of baked goods for sale and donations of baked goods will be greatly appreciated!



Memorial Gifts

In memory of John Luttrell from the Subway Franchisee Advertising Fund Trust

Disclaimer: Occasionally the center provides speakers to help inform participants regarding current issues. This type of forum is educational and allows participants to ask questions for themselves. At no time is this to be construed as an endorsement by Natick Human Services & COA.

Our Current Wish List.....

Tissues

Gift Cards: Grocery Stores & Pharmacies

Office Supplies: stamps (Forever stamps)

Hard Candy: new assorted, regular or sugar free individually wrapped

Sponsor (s): willing to fund individual or series of programs (generally \$40-60)

Tablecloths: rectangular— 54" x 108", all colors, plain plastic, new and unopened

Paper goods: new and unopened napkins, paper towels, paper cups, 8 oz. coffee cups

Colored Yarn: new or in good condition

Hand Sanitizer: desk, refills & personal size

DVDs: current popular movies

Bell Ringers Volunteers Needed



Bell ringers needed for Salvation Army Kettle Effort in Natick.

Please contact Sandy Carr or Moira Munns at 508-647-6540.

Friends Membership Form

Yes I want to JOIN the Friends of Natick's Senior Center, Inc.

Mail this form and your tax deductible donation to: The Friends of Natick's Senior Center, Inc. – 90 Oak Street, 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*.

\$10 Natick Resident or Non Resident Friend \$25 Family Friend
 \$50 Special Friend \$100 Best Friend
 Exceptional Friend (\$100+) New Member Renewal

Name _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone #: 1 (_____) _____

Birth date: _____ e-mail address _____

Yes, I would like to volunteer for the Friends! (Please check all that apply)

Membership Fundraising Newsletter Special Events
 Other (Please Specify): _____

A Living Memorial / Honor

A donation to the Friend's of the Natick Senior Center is a wonderful way to express your warm feelings. Give a donation of \$_____ and a lovely card will be sent to the recipient of your contribution. In Loving Memory of family members and friends or in celebration of happy occasions, such as: Birthdays, Anniversaries, Graduations, Get Well Wishes, Thinking of You, In Appreciation or Holidays (Mother's Day, Father's Day, Grandparents Day, Thanksgiving Day, Christmas, Chanukah, or other religious holidays)

The coupon below is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. Please make your contribution in the amount of \$_____ payable to The Friends of Natick's Senior Center, Inc.– 90 Oak Street, Natick, MA 01760
Your support is greatly appreciated.

Please circle one: In Honor of / Memory of _____

Send Card to: _____

Address: _____

City: _____ State: _____ Zip Code: _____

From: _____



90 Oak Street
Natick, MA 01760
1 (508) 647-6540

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Upcoming Speakers & Programs

We're on the
web
at Natickma.org

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Senior Center's Hours

Mondays	8:30-5:00
Tuesdays	8:30-5:00
Wednesdays	8:30-5:00
Thursdays	8:30-7:00
Fridays	8:30-1:30



