

NOVEMBER NEWS FOR SENIORS

Dunstable Seniorswe are a peer group for those over 60.

Seniors meet in the community room of the library every Wednesday except the first Wednesday of the month. 10:30 - 11:30 Bone Builders, dominos 10:30 - noon, lunch at noon.

Second Wednesday at 12:30 BINGO for cash. Last Wednesday of the month, POKENO.

SCRABBLE group Wednesdays at 12:30.

The mission of the Dunstable Council on Aging is to serve as a supportive family resource as emerging needs of Dunstable residents become more complex; and to advocate for and provide, in a cost-effective manner, a safe, congenial environment where seniors may participate in social, educational, and cultural programs reflective of their needs.

Town Hall Meeting Our annual **Holiday Christmas Party** will be held on Wed. Dec. 7. The meal will be prepared and served by the students from Greater Lowell Tech. We will hold a Yankee Swap following lunch. Bring an edible or drinkable gift or gift card to exchange suggested value \$10.00.

Coffee will be ready at 10:00a.m.. Come and play dominoes, scrabble or other games. Meet friends make new ones. Cost is \$3.00 per person. RSVP by Nov 30

Holiday Christmas Party & Lunch We will be joining with Tyngsboro seniors on Friday, December 16 at 11:30 for a combined Christmas party and lunch at the Tyngsboro Senior Center, 169 Westford Rd. There will be lots of good food, music and loads of fun. The cost is only \$5.00 per person. Please sign up and pay by December 9 with either Sue or Anne.

Bone Builders Program is held on Wednesdays and Fridays in the community room of the library from 10:30 – 11:30a.m. Through a grant from Tufts Health and CTI senior Corp. Volunteer leaders run the program. Bone Builders is a fun low- impact strength training and balance exercise program. Each class runs for 60 min. FREE to all seniors, space is available. Additional volunteer leaders are needed. Talk with Marilyn Sheridan.

SHINE A representative of SHINE (Serving the health insurance needs of everyone) will be at the library on Wed. Nov. 9 from 12:30 - 1:30. SHINE provides free and unbiased health insurance counseling for Medicare beneficiaries of all ages during this open enrollment period. If you would like a one on one meeting just let us know.

Fall Yard Clean-up. The 8th grade football team is will to do a fall yard clean-up for 3 seniors that need a little help. Includes raking, cleaning out garden areas etc. They will work in groups of 6-7 with adult supervision. Tues. or Wed. from 3:00 - 5:00p.m. Weekend on request. They are doing this as a community service project. Let us know if you are interested.

Well Adult Clinic Are usually held on the fourth Wednesday of every month in the community room of the Dunstable Library. As Nov. 23 is the day before Thanksgiving the next clinic Nov. 30 at the library from 11:00a.m. - noon

The Road Less Traveled, Growing Up in Dunstable Well known Quilter, Milly Cunningham, talks about growing up in Dunstable and how her quilting changed her life. Join us for a cozy chat with Milly on Sunday afternoon November 13 at 3 p.m. She will bring some of her wonderful quilts. All are welcome.

Indian Hill Music, Bach Lunch Thursday Nov. 17. playing All-American tunes featuring trombone. Performed by Alexei Doohovskoy on trombone, Marina Pavlova on piano and mezzo-soprano Laryssa Doohovskoy. There are **TWO PERFORMANCES: 11:00 am and 1:30 pm** at Indian Hill Music, 36 King Street, Littleton MA. Light refreshments are served but you are welcome to bring your own lunch.

Book Group Will meet on Wed. November 16 at 11:30a.m. at the library. The library provides extra copies of the book.

Rivercourt Residence in West Groton invites Dunstable seniors for lunches on Tuesday, November 15 at 12:30. RSVP with either Sue or Anne. Rivercourt does this as a community out-reach program. It would be nice if more people took advantage of it.

Dutch Treat Lunch No Dutch Treat in November. Enjoy your Thanksgiving with friends and family

Line Dancing Class ... Classes have started and will be held on Mondays at 9:45a.m. for one hour in the lower hall of the Dunstable town hall. Space still available. For more information contact Don Pottle at 978-649-3192

FREE Quilting Class under the direction of **Robin Murch** will be offered on the first and third Tuesday from 6:00 – 7:45 at the Dunstable Library. Just drop in and she will let you know what you will need to get started.

Knitting, Crochet, Rug Hooking This group meets at Swallow Union Monday nights 7:00- 8:30p.m. Knitting & crochet under the direction of Donna Acquaviva and rug hooking under the direction of Donna Tully. Beginners welcome.

Brown Bag Program Elder Services of the Merrimack Valley, Inc. and the Greater Boston Food Bank have joined forces to offer an Elder Brown Bag Program for income eligible residents 60 years and older in the Merrimack Valley. Eligible elders will receive a free bag of groceries once a month. Pick-up is at the Tyngsboro Senior Center 169 Westford Rd. Applications are now being accepted and are available through Ruth at the Dunstable COA office.

Durable Medical Equipment Try us FREE before you buy. Check out the COA's inventory. We have a variety of good, gently used walkers, wheelchairs, canes, commodes and much more that people have generously donated. PLEASE call first before you drop off items. Accepted items should be brought to the Town Hall only.

Files of Life pouches are still available to **all** seniors. These pouches will contain pertinent information about you that can be left in a visible location, home/car to be used in cases of emergency. You can contact Sgt. Darrell Gilmore or Fire Chief Rich for more information.

Elder Hotline Provides seniors and their families with information related to elder issues. Call 1-888-243-5337 Monday - Friday 10:00 - 4:00.

Dunstable Council on Aging.

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Marilyn Sheridan secretary

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223

Office hours Tues Wed.

9-2 8:30 - 11:30

Program coordinator

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