

JULY & AUGUST EVENTS FOR DUNSTABLE SENIORS

Dunstable Council on Aging

Mary Moeller chairman

Brian O'Donnell secretary

Donald Pottle, Mary Dow,

Assistant to the Elderly

Anne Fenochetti 978-649-4514 # 223

Office hours Tues Wed.

11-2 8 - 11

Program coordinator

Susan Tully 978-649-6750 or Email at

sjt0213@verizon.net

Dunstable Seniorswe are a peer group for those over 60.

Seniors meet in the community room of the Dunstable library every Wednesday

Bone Builders, 10:30 - 11:30, dominos 10:30 - noon, lunch at noon. First Wednesday, **BINGO**

FOR CASH. Last Wednesday of the month, **POKENO**, bring your pennies.

SCRABBLE & CRIBBAGE group every 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.

Council on Aging board member opening The Dunstable Council on Aging has an opening on their board. Term is 3yrs. Meeting are held once a month. Anyone interested in this position should contact Anne. We would like to thank, Ruth Tully, and Nancy Nowak for the time they have given to the COA board.

July Lunches No meeting July 4th. **July 11** will be Pot Luck. Bring a small serving of an appetizer, salad, main course or dessert. Don't want to cook bring a bag of chips or cans of soda.

July 18 We will have baked chicken breast, rice pilaf, salad & dessert provided by the Traveling Chef. **July 25** will be pizza, salad and our monthly birthday celebration.

August Lunches **August 1** lunch will be provided by the library staff. **August 8** will be Oriental Chicken with orzo, salad and dessert provided by Charlotte's Cozy Kitchen. **August 15** will be a grilled panini with a choice of either chicken parmesan or Italian, salad & dessert provided by the Traveling Chef. **August 22** will be an assortment of cold salad sandwiches, potato salad & dessert provided by Dinner Made Simple. **August 29** will be pizza salad and the monthly birthday celebration. We would love to see more seniors at our lunches. Lunches are only \$3.00 per person.

Ice Cream Outing at Goss Farm Joins us on Thursday, July 19 at 3:00 for a Free ice cream at Goss Farm. Compliments of a generous donor.

Book Club The group will resume meeting September 15. Here are a few suggestions you might like to try over the summer. The Other Einstein by Marie Benedict, Radium Girls by Kate Moore, The House of Unexpected Sisters by Alexander McCall Smith, After Anna by Lisa Scottoline.

Rivercourt Residence in West Groton invites Dunstable seniors for a monthly lunch. Please join us on the third Tuesday of each month. Next lunch July 16 and August 20 at noon in their private dining room. They do this as a community outreach program, no sales involved.

Senior / Veteran Breakfast Will be held on Thursday, July 19 and August 16 at 8:30 at the Tyngsboro Senior Center, 169 Westford Rd. All welcome.

Indian Hill Music, Bach Lunch No performances in July and August. Next show September 20

Book Delivery to shut-ins is available through the Dunstable Library. Just let Sue know if you or someone you know needs books or audio material.

Line Dancing Class ... No classes in July and August. Class will resume September 10. For more information contact Holly 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.

Senior Services

Bone Builders Program is held on Wednesdays and Fridays in the community room of the library from 10:30 – 11:30 a.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. Talk with Marilyn Sheridan.

Well Adult Clinic Are held on the fourth Wednesday of every month in the community room of the Dunstable Library. Nurse will provide wellness check, blood pressure/pulse monitoring, blood sugar screening. The next clinics will be July 25 and August 29 from 11:00 a.m. - noon.

Van Service is available for medical appointments and grocery shopping. Cost is \$5.00 for local trips, Lowell, Chelmsford, Nashua, Tyngsboro, Westford, Ayer, Groton & Pepperell. \$10.00 for any other. Check with Anne Fennochetti as soon as you know when your appointment is to make sure a ride is available.

Living Alone Safely in Your Own Home The COA is working with the Fire Dept and the Police to keep those seniors living alone safe in their home. They can secure a lock box with a key to your door at your home so that in an emergency help would be able to get to you quickly. Chief Rich will be available to give more specific information at our meeting on July 11 at 11:30 a.m.

Meals on Wheels Do you or someone you know need the services of Meals on Wheels? Receive a hot nutritious lunch delivered M-F at around 11:30 a.m. as well as monthly special meals and holiday meals. For more info check with Anne. Drivers needed.

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. These are on loan and need to be returned when not in use. PLEASE call first before you drop off items. Accepted items should be brought to the Town Hall only.

Message from the Fire Chief Fire Chief Rich is available to check your smoke detectors you just need to set up an appointment. If you need the assistance of the fire department for a non-emergency situation and you've called the firestation and no one was there.

Please call 978-448-6666 (Fire/Police/ems Dispatch) they will notify the proper person or service to assist you. **Office # 978-649-6661**

Veteran's Service Officer Joe Dean is available to advise what services are available to veterans or the widow(er) of a veteran and their families. for more information email VSO@dunstable-ma.gov or call 978-649-3919

Nashoba Nursing Service and Hospice: For information on home health, flu clinics, nursing availability, or hospice - call 1-800698-3307. Hospice is looking for volunteers to visit patients to give the caregiver a break. Call Wendy Chieffo for more info 1-800-698-3307 ext. 352 or wchieffo@nashoba.org.

Caregiver's Support Group sponsored by Rivercourt Residence

For families and caretakers of loved ones with Alzheimer's or other forms of Dementia. If you are feeling sad, guilty, lonely or helpless. You are not alone! Come join us to talk about these feelings and connect with others whose experiences are similar to yours. We meet the first Wednesday of every month.

Time: 10:30 am – 12noon or 6:00pm – 7:30pm

Location: Conference room at 8 West Main Street, Groton MA 01450

For information call:

Laurie Morency at 978-448-4122 ext. 250 or

Nancy D'Agostino at 978-448-1400 ext. 231

Groton Memory Cafe Every 4th Thursday from 10:00 - noon at the Groton COA 163 W Main St, West Groton, Ma. Join us for coffee and conversation for individuals and families living with memory changes. FREE, call 781-863-1166 ex.t 104 for more info.

Care guides available for families of people with Alzheimer's Disease. Available to download at no cost. The Alzheimer's Disease Assoc. Ma/NH Chapter has an array of resources for families and individuals at each stage of Alzheimer's Disease. These comprehensive guides allow families to address specific issues they are currently experiencing. If you are not sure what guide is best for you call 800-272-3900. To download guide, go to: www.alzmass.org/care-guides.html. The Alzheimer's Assn. home page is located at www.alz.org/manh

Prescription Advantage Now has a continuous open enrollment. Applications available.

Medicare Questions Call Elder Services at 1-800-892-0890

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We now have the application for RMV Handicap placards

Charity Navigator There aren't many days go by that we are not contacted to make a donation to different organizations. Want to make sure they a legitimate and the money you donate is well used. You can now look up these charities at www.charitynavigator.org

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 on the fourth Tuesday of the month. Pick up at the Tyngsboro Senior Center. Applications are now being accepted and are available through Anne at the Dunstable COA office.

Files of Life pouches are 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 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.

Wish List

wrapped candies, decaf coffee
Prizes for Lightweight wheelchairs
Paper napkins, plates & cups, sodas, & snacks

Volunteers needed to provide:

Prizes for Bingo, deliver Meals
on Wheels, lead an activity or
craft, donate a dessert

The following could always use a card:

Arlene Silk
D' Youville Senior Care Center
981 Varnum Ave
Lowell, MA.01454

Art & Ruth Guild
165 River St.
Dunstable

Don't Forget

2018 DUNSTABLE SUMMER CONCERTS

Every Wednesday night 6:30 - 8:30 p.m. on the Town Common
(Rain date is Thursday)

Food available for purchase

July 11th The Rampage Trio: *Blues Rock-Boogie*

July 18th Back to Back: *Rock and Roll* and Vehicle Night!

July 25th The White Street Band: *Classic Rock & Blues*

August 1st 4Ever Fab *Beatles Cover Band*

Public Safety Night with Dunstable Police and Fire Departments

August 8th Never Easy: *New & Old Country music, with a "hint" of Classic
Rock & Roll*

for more information: www.facebook.com/dunstablesummerconcerts