

MARCH EVENTS FOR DUNSTABLE SENIORS

Dunstable Council on Aging

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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.

IN CASE OF SNOW AND THE LIBRARY IS CLOSED THERE IS NO SENIOR MEETING

March Lunches **March 6**, Lasagna, salad and dessert provided by Dunstable Fire Assoc. RSVP by Jan. 30. **March 13** Beef stew, crusty bread and dessert provided by library staff. RSVP by March 6. **March 20** will be our annual St Patrick's Day feast. provided by the Traveling Chef RSVP by March 13 **March 27** will be pizza, salad and a birthday cake for all our March birthday celebrants.

Book Club Annual Lunch Like to read? Then we have the group for you. Book group will be meeting Saturday March 9 at 11:30a.m. in the community room of the library. We will be discussing **Prairie Fires The American Dreams of Laura Ingalls Wilder** by Caroline Fraser. Summary: The first comprehensive historical biography of Laura Ingalls Wilder, the beloved author of the *Little House on the Prairie* books. Choose a recipe from My Prairie Cookbook by Melissa Gilbert. The library will order yours copy at the circulation desk if needed. New members are always welcome.

Rivercourt Residence in West Groton will resume their monthly lunches on April 16, 2019

Indian Hill Music, Bach Lunch Indian Hill Music, 36 King Street, Littleton MA. presents **Improvisations on Jazz Standards** Next show Thurs. March 21. There are TWO PERFORMANCES: 11:00 am and 1:30 pm Indian Hill Music, 36 King Street, Littleton MA. Complimentary coffee, tea and cookies will be served or you are welcome to bring your own lunch. Doors open at 10 am for first show and 12:30 for second show.

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.

We are thinking of offering a **Cooking for One** class. It would possibly be held on Tuesdays once a month. Before we go too far on this we need to know if there is any interest. Let Sue know if this interests you.

ANNUAL COMMUNITY PIE BAKE-OFF

Will be held on Saturday March 16. Drop off your favorite homemade pie between 10:00a.m. and noon at the Fellowship Hall of the Dunstable Church. All ages are welcome to enter. There is even a category for those who prefer to use a store-bought crust. Judging is on a point system with everyone starting with 15 points. Judges are looking for:

1. Best over-all presentation
2. Quality of crust
3. Filling flavor

Judging will take place during the afternoon. Awards will be made for best youth pie (up to age 16). And the Silver Spoon award for the best over-all pie. Please, the judges request a recipe to be included.

The public is invited to come to the Fellowship Hall at 6:30p.m. to do their own taste testing. For more info email slt0213@verizon.net

Senior Services

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 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 Brian O'Donnell

SAND FOR SENIORS The Dunstable Highway Dept. has offered to deliver a bucket of sand to any household that might need some for keeping their steps and walkway safe. Just let us know and we will arrange for a delivery.

Medication Take Back Program Do you have out dated or unused medication in your cabinet? An officer from the Dunstable Police Dept. will be at our meetings on the last Wed. of each month at noon to collect them and dispose of them properly. Drop off will be **March 27**

Well Adult Clinic Are held on the fourth Wednesday of every month in the community room of the Dunstable Library. These clinics allow for personalized, one on one attention from a nurse. Offered services include blood pressure and blood sugar screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals. All residents, of any age are welcome to attend. Next clinic **March 27 from 11 – noon.**



Music and Singalong with Andy and Deb and the Rivercourt Singers.
March 27 following lunch

Follow up from our Reiki program. Kathy Benson suggests that you contact either
-The Healing Garden (Harvard MA) 978-456-3532
-Karen Campbell, Reiki Master (Devens, MA) 978-866-0593

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.

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, transport chairs, 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**

Living Alone Safely in Your Own Home The Dunstable 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 on 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 at our Wed. lunches if you have any questions. Call his Office # 978-649-6661 for more information.

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.

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 ext. 104 for more info.

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.

For information call: Laurie Morency at 978-448-4122 ext. 250

When: First Wednesday of every month.

Time: 10:30 am – 12noon

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

** Please join us for **Healing Conversations**, a free adult bereavement support group series offered by **Nashoba Nursing Service & Hospice**. Thursday, March 7th, 11:30 am – 12:30pm — **Hazen Library, Shirley**. Tuesday, March 12th, 6:00 - 7:30pm. **Westford Council on Aging** The programs are facilitated by Kathy Benson,

Prescription Advantage New from Medicare. Beginning in 2019 Medicare will have a new Medicare Advantage Plan Open Enrollment. The new period will run January 31- March 31 of each year. Contact our SHINE contact, Lisa Rose at 978-683-7747 if you have any questions

Medicare Remember if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare has no connection to your eligibility for social security benefits. If you have questions call Elder Services at 1-800-892-0890.

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 are 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.

Thank You Jean Haight for delicious desserts, the Dunstable Fire Dept, Jim McManus, Joan Simmons & Diana Dalida for their thoughtful donations. To Girl Scout Troop 82524 for sponsoring a lunch.

Wish List

wrapped candies, decaf coffee
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, MA

Jean Cash
504 High St
Dunstable, Ma