

Wrentham

COUNCIL ON AGING



LOOKING AHEAD

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WRENTHAM COUNCIL ON AGING MEMBERS;

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400 Taunton Street, Wrentham, MA 02093

508-384-5425 (phone), 508-384-5447 (fax)

www.wrentham.gov

Office Hours

Mon – Thurs: 8:30 a.m. to 3:30 p.m., Fri.: 8:30 a.m. to 2:00 p.m.

Spring has arrived and we are enjoying these nice, sunny days! Activities at the Senior Center have really ramped up and we hope you are partaking in some of the classes/programs we have to offer! Our trips are also expanding and we welcome you to sign up for any or all of them. It is so nice to know we are back in full force and doing those things we like to do! Please know we are here for you and we welcome any ideas or suggestions you may have for events or classes here at the Center.

The Senior Center and the COA would like to acknowledge the grants we receive from the Friends of Wrentham Seniors and the Sweatt Fund, which allow the Senior Center to provide the activities, classes, trips and events held at the Center at a minimal cost to our senior population. Thank you!

PLEASE REMEMBER TO SIGN IN ON MYSENIORCENTER!

Just a reminder—it is important you scan your MySeniorCenter card every time you come into the Senior Center. If you volunteer, you need to enter the hours you do volunteer work. We use these important statistics to help us apply for grants that fund many of our programs.

INSIDE THIS ISSUE

Weekly Activities/Classes	02
Monthly Events	03
Outreach Corner	04 & 05
Special Events	06
Calendar of Events	07
Trip Announcements	08 & 09
This & That	10
Town Announcements	12



WEEKLY CLASSES & ACTIVITIES

MONDAY

WALKING GROUP

9:00 A.M., MEETS IN THE SENIOR CENTER PARKING LOT. THE GROUP WALKS FOR APPROXIMATELY 1 HOUR.

GAMES

10:00 A.M.—12 NOON
COME IN AND JOIN A FUN GROUP. VARIOUS GAMES ARE PLAYED.

LINE DANCING

1:00 P.M.—2:00 P.M.
COST: \$2
ENJOY GREAT EXERCISE WHILE LEARNING THE LATEST LINE DANCES!

VETERANS' SERVICE OFFICE HOURS

1:00 P.M.—2:00 P.M.
OUR VETERANS' AGENT, STEPHEN TRAVERS, WILL BE AT THE CENTER BY APPOINTMENT. PLEASE CALL 508-699-0120 TO SPEAK WITH HIM OR MAKE AN APPOINTMENT.

QI GONG—MOVEMENT & MINDFULNESS FOR WOMEN'S HEALTH

3:00 P.M.—3:45 P.M.
COST: \$2

Benefits of qi gong include lowered stress and anxiety, increased focus, and improved balance and flexibility.

TUESDAY

PAINTING GROUP

9:30 A.M.—11:30 A.M.
THE PAINTING GROUP IS A RELAXED GROUP OF PEOPLE WHO COME IN TO LEARN FROM EACH OTHER AND PRACTICE THEIR SKILLS.

CRIBBAGE

9:30 A.M.—11:00 A.M.

YMCA EXERCISE CLASS

12 Noon—1:00 P.M.
COST: \$2
GROUP EXERCISE CLASS SET TO MUSIC, INCLUDES STRENGTH TRAINING, BOTH SITTING AND STANDING. BUILDS STRENGTH, FLEXIBILITY, BALANCE AND ENDURANCE.

WEDNESDAY

SHINE

9:00 A.M.—12:00 NOON
OUR VOLUNTEER SHINE COUNSELOR WILL BE AVAILABLE ON WEDNESDAYS BY APPOINTMENT ONLY. PLEASE CALL THE CENTER TO SET UP AN APPOINTMENT.

BEGINNER MAH JONG

9:30 A.M.—11:30 A.M.
FOR PEOPLE WHO WANT TO PLAY AT A SLOWER PACE THAN ADVANCED PLAYERS.

KNITTING & CROCHET

10:00 A.M.
OUR GROUP GETS TOGETHER TO WORK ON THEIR OWN PROJECTS AND TO HELP THOSE WHO NEED INSTRUCTION. ALL ARE WELCOME.

CHAIR YOGA

12 Noon—1:00 P.M.
COST: \$2
INCREASE YOUR STRENGTH & FLEXIBILITY IN THE COMFORT OF A CHAIR. REDUCE STRESS AND JOINT STIFFNESS WHILE BOOSTING YOUR MOOD. NO EXPERIENCE NEEDED.

THURSDAY

SIT & STRETCH

11:00 A.M.—12 NOON
COST: \$2
APPROPRIATE FOR ALL FITNESS LEVELS, INCLUDING ARTHRITIS AND OTHER CONDITIONS. GREAT FOR BALANCE, STABILITY AND OVERALL JOINT HEALTH.

FLOOR YOGA

2:00 P.M.—3:00 P.M.
COST: \$3
BASIC YOGA POSES, MEDITATION & BREATH WORK. YOU MUST BE ABLE TO SIT DOWN, LIE DOWN AND GET UP FROM THE FLOOR WITHOUT ASSISTANCE. BRING A YOGA MAT.

FRIDAY

GROCERY SHOPPING

9:00 A.M. VAN GOES TO STOP & SHOP IN PLAINVILLE FOR ONE HOUR OF SHOPPING.

MONTHLY EVENTS AT THE SENIOR CENTER

3

ASK THE NURSE

Program by the Public Health Nurses. Tuesday, May 16 at 10:00 a.m. Blood Pressure Clinic, blood sugar, oxygen saturation level, medication instruction and answer any medical questions/concerns you may have. Call the Senior Center to make an appointment.

MANICURES/PEDICURES

Thursday, May 4 & 18 by appointment only. Call the Center at 508-384-5425 to make an appointment for this special treat!

LOW VISION

SUPPORT GROUP AT THE STELLA JEAN ASSISTIVE TECHNOLOGY CENTER, FRANKLIN SENIOR CENTER
The Group will meet on the 2nd Thursday of the month from 1:00 p.m.—2:30 p.m. Transportation for Wrentham residents is available. Call the Senior Center for more information at 508-384-5425.

MOVIE & PIZZA

Friday, May 19.
Movie at 10:00 a.m., pizza to follow. Pizza is \$4, payable at sign up. Call by Tuesday, April 18. Join us for pizza, the movie or both! The movie is "The Fabelman's".

BOOK GROUP

Please remember to call the Senior Center to register for the group, as space is limited. Our May Selection is Caleb's Crossing by Geraldine Brooks. We will meet on May 11, 3:30pm. Inspired by the true story of the first Native American Harvard graduate, the setting is 1660s Martha's Vineyard. Brooks depicts the friendship between Wampanoag Caleb and Puritan Bethia, both of whom aspire to further their education.

We have a volunteer who is willing to help you with tech questions or troubleshooting for your devices—cell phones, ipads, laptops, etc. Please call the Senior Center if you would like to come in and get help!



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Wrentham Council on Aging, Wrentham, MA

06-5380

Town wide upgrade to Water Meter System

In a continuing effort to improve water service to you, the town is implementing a town wide upgrade to their water meter system. This upgrade includes installation of a new water meter and reading device at your home or business by the installation contractor, Hydro Utilities. This installation is mandatory and will be no additional charge to you for a standard installation. Hydro Utilities will provide a dedicated 800 number and website for scheduling your water meter replacement. Starting in March, all water users should receive letters in the mail outlining the program and directions to schedule meter replacement

Caregivers Support Group



Attention Caregivers! The Senior Center and the Nurses of the Metacomet Public Health Alliance are pleased to announce that we will offer a monthly Caregivers Support Group, Wednesday, May 10

at 1:00pm at the Wrentham Senior Center! Meetings will be held monthly on the Second Wednesday at 1:00. If you are a Caregiver and in need of support please call the Senior Center and reserve your name. We hope to see you there!

988—Suicide & Crisis Lifeline

The Suicide and Crisis Lifeline can help prevent suicide in individuals of ALL ages. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. Call the Lifeline, 988, anytime 24/7. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

Reporting Elder Abuse & Neglect

Elder Abuse includes physical, sexual and emotional abuse, caretaker neglect, financial exploitation as well as self-neglect. If you a victim and/or witness of abuse, call (800) 922-2275 or online: <https://www.mass.gov/reporting-elder-abuse-neglect>

Attention Mass Health Members....

In March 2020, the federal government declared a public health emergency (PHE) due to COVID-19. In response to the PHE and consistent with federal requirements, MassHealth put protections in place preventing MassHealth members from losing coverage. These protections will end on April 1 and MassHealth will return to its standard eligibility processes. Over the next year, MassHealth members will need to re-new their health coverage to ensure they still qualify for their current benefit.

METROWEST LEGAL SERVICES

ELDER LAW (508)620-1830

Through its Senior Citizen's Legal Project, MWLS provides services to individuals 60 years and over living in Wrentham and surrounding communities. MWLS advocates help clients with housing eviction prevention, subsidy terminations, foreclosure preventions and tenants' rights. Also can assist with benefits such as Social Security benefits, Supplemental Security Income, Unemployment denials, MassHealth denials and terminations, SNAP denials and terminations and Emergency Assistance to the Elderly and Disabled. MWLS offers Bankruptcies and Consumer rights, including Filing for Chapter 7 or 13 bankruptcy, contesting consumer debt and rights. Additional services include nursing home planning, Elder abuse and restraining orders. Limited family law matters include divorces and contempt actions, Durable Powers of Attorney and Health Care Proxies. The Senior Citizen's Legal Project is made possible in part by funding from HESSCO and Springwell, Inc.

WRENTHAM FOOD PANTRY

The Food Pantry provides a 3-day emergency supply of food to Wrentham residents of all ages in need every week. Additionally, the pantry provides special meal distribution during the holidays, including Easter. The pantry is open every Saturday from 10:00a.m.—Noon and is located at the Whiston House behind the Original Congregational Church at the corner of Rt. 140 and 1A. You may contact the Food Pantry at 508-384-3110 and/or email: food.wrentham@gmail.com

Extra Federal COVID SNAP (Supplemental Nutritional Assistance Program) Benefits
MA households will receive state-funded extra SNAP payments on April 7, May 2 and June 2, 2023 following Governor Healey's signing of a supplemental budget that created and offramp from the extra federal COVID SNAP benefits.

National Grid Plans and Assistance
National Grid offers a number of assistance programs and deferred payment options if you need them. Please call National Grid Directly to learn about these Programs at [1-800-322-3223](tel:1-800-322-3223) or <https://www.nationalgridus.com/MA-Home/Bill-Help/>

Eversource Payment Plans and Assistance
You may qualify for one or more of these programs if you're struggling to pay your utility bills and meet specific income requirements. Please call Eversource directly [866-861-6225](tel:866-861-6225) or <https://www.eversource.com/content/ema-c/residential/account-billing/payment-assistance>

Good Neighbor Energy Fund (GNEF):
The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels. Feel you may be eligible?, call Robin Tobin, 508-384-5425.

INTERNET ESSENTIALS FROM XFINITY. As an Xfinity customer you could qualify for free internet service through the ACP Program. Visit <https://www.internetessentials.com/>

VERIZON LIFE DISCOUNT PROGRAM. Verizon is offering ultra-fast speed of Fios. Visit <https://verizon.com/info/low-income-internet/>

For information on both programs please call Robin Tobin, Outreach Worker, 508-384-5425.

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**WRENTHAM SENIOR CENTER TO PARTICIPATE IN THE MA BAR ASSOCIATION'S
ELDER LAW PROGRAM
THURSDAY, MAY 18 AT 12:30 P.M.**

Wrentham seniors are invited to attend and learn about Elder Law issues at a free in-person event at the Wrentham Council on Aging. The event is part of a statewide Elder Law Education Program presented by the MA Bar Association. Among the topics discussed will be Veteran Affairs Financial Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes and alternatives to nursing home care.

The MA Bar Association publication, "2023 Elder Law Education Guide", will be available the day of the presentation and online at the MBA's companion website:
www.massbar.org/elderlaw

Space is limited and you must register for this event by calling the Wrentham Senior Center at 508-384-5425 or by coming to the front desk no later than May 15.



**SAVE A LIFE
BLEEDING CONTROL BASIC (BCON) COURSE
Learn the Basics of Bleeding Control**

**Wednesday, May 31, 2023
2:00 p.m.—3:00 p.m.
WRENTHAM SENIOR CENTER
SIGN UP BY CALLING 508-384-5425**

**Presented by
The Metacomet Public Health Alliance**

MAY CALENDAR

7

MON	TUES	WED	THURS	FRI
01	02	03	04	05
9:00 Walking Group 10:00 Games 1:00 Line Dancing 1:00 Veterans' Service Office Hr. 3:00 Qi Gong	9:00 Errands 9:30 Painting 9:30 Cribbage 12:00 Exercise	9:00 SHINE 9:30 Beginner Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go 12:00 Chair Yoga	10:00 Manicures/Pedicures 11:00 Sit & Stretch 2:00 Floor Yoga	9:00 Grocery Shopping
08	09	10	11	12
9:00 Walking Group 10:00 Games 1:00 Line Dancing 1:00 Veterans' Service Office Hr. 3:00 Qi Gong	9:00 Target 9:30 Painting 9:30 Cribbage 10:00 Ask the Nurse/Blood Pressure Clinic 12:00 Exercise	9:00 SHINE 9:30 Beginner Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go 12:00 Chair Yoga 1:00 Caregivers Support Group	11:00 Sit & Stretch 1:00 Low Vision Group—Franklin 2:00 Floor Yoga 3:30 Book Group	9:00 Grocery Shopping
15	16	17	18	19
9:00 Walking Group 10:00 Games 1:00 Line Dancing 1:00 Veterans' Service Office Hr. 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 12:00 Exercise 3:30 COA Board Meeting	9:00 SHINE 9:30 Beginner Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go 12:00 Chair Yoga	10:00 Manicures/Pedicures 11:00 Sit & Stretch 12:30 Elder Law Clinic 2:00 Floor Yoga	9:00 Grocery Shopping 10:00 Movie—The Fabelman's 12:00 Pizza
22	23	24	25	26
9:00 Walking Group 10:00 Games 1:00 Line Dancing 1:00 Veterans' Service Office Hr. 3:00 Qi Gong	9:00 Trader Joe's/Christmas Tree 9:30 Painting 9:30 Cribbage 12:00 Exercise	9:00 SHINE 9:30 Beginner Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go 12:00 Chair Yoga	11:00 Sit & Stretch 2:00 Floor Yoga	9:00 Grocery Shopping
29	30	31		
HOLIDAY - MEMORIAL DAY	9:00 Podiatrist 9:30 Painting 9:30 Cribbage 12:00 Exercise	9:00 SHINE 9:30 Beginner Mah Jong 10:00 Knit/Crochet 12:00 Grab & Go 12:00 Chair Yoga 2:00 Stop the Bleed		

SENIOR CENTER TRIP ANNOUNCEMENTS

8

THANK YOU TO THE FRIENDS OF WRENTHAM SENIORS, INC., FOR PROVIDING A GRANT TO WRENTHAM SENIORS THAT WILL PAY 1/2 THE COST OF DAY TRIPS IN 2023, UP UNTIL THE GRANT IS DEPLETED.

STAYIN ALIVE

WEDNESDAY, 5/24/2023.....\$89.00
World's #1 Tribute to the Bee Gees! Vocalists Mattina, Sharman & Manz create a sense of hearing and experiencing the Brothers' Gibb live in concert. This is a drive on your own to Lake Pearl, arrive no earlier than 11:30 a.m. Select entrée of either Stuffed Chicken or Veg. Lasagna. Space is still available, pay in full at sign up. No refunds after 5/11/2023.

BEAUTIFUL (CAROLE KING MUSICAL)

THURSDAY, JUNE 1, 2023.....\$150.00
After lunch at Warren's in Kittery, Maine, we enjoy a live performance of "Beautiful, The Carole King Musical" at the Ogunquit Playhouse. Select your lunch offering from six different offerings. Depart time is 8:15 a.m., with an estimated return time of 7:15 p.m. Sign up now and payment in full must be made by May 3, 2023. Space is limited!

DANIEL WEBSTER INN

WEDNESDAY, 6/14/2023.....\$111.00
Built in 1692, first used as a parsonage, then a tavern and then Patriot headquarters during the Revolution. It became a favorite of Daniel Webster for whom it was subsequently named. Depart for Sandwich at 11:15 a.m. for a Grand Buffet followed by a magical musical tour with Jody Ebling's "Tribute to Broadway". Pay in full by 5/9/23.

TRIBUTE TO THE CARPENTERS

THURSDAY, 9/14/2023.....\$111.00
Get ready for a stroll down memory lane as this tribute captures the look, the voice, the sound and the great songs associated with the brother and sister we all remember. Join us at White's of Westport (depart time TBA). Lunch entrée selection is either broiled scrod or oven roast turkey.

CHRISTMAS IN JULY

WEDNESDAY, JULY 19, 2023.....\$121.00
Be prepared for a sensational and seasonal sound produced by a "dueling piano show." Seated at opposing pianos, they sing and play a wide variety of hits from the 50's to today. Before show time, a delicious Lobster Bake will be served at Foster's, York, ME (not air conditioned but is handicapped accessible.) Depart at 9:00 a.m., return approximately 5:30 p.m. We will be sharing this trip with another group so please sign up ASAP!

EDWARDS TWINS

WEDNESDAY, 8/2/2023.....\$89.00
Twin brothers, Anthony and Eddie Edwards are the country's premiere Celebrity illusionists! Known as Vegas' top impersonators and impressionists. This is a Drive on your Own to Lake Pearl, arrive no earlier than 11:30 a.m. The menu is House Salad served with Chicken Parmesan, Penne Pasta and a Vegetable Medley. Tour company requires an Assumption of Risk Form to be completed upon sign up. Pay in full no later than 6/8.

TURKEYS, TRAINS AND TUNES

FRIDAY, 10/13/2023.....\$120.00
While enjoying a leisurely 2-hour train ride aboard the Winnepesaukee Railroad, you will be served a mouthwatering feast from the famous Hart's Turkey Farm! After this treat, we travel to the Winnepesaukee Playhouse for an afternoon of Country Classics with Marlene Phillips and her unique singing style. Depart time TBA. (BYOB trip).

SPLISH SPLASH

WEDNESDAY, 10/18/2023.....\$79.00
The music of Bobby Darin will be performed by Ron Gartner who covers all of Darin's songs. Drive on your own to Lake Pearl, arriving no earlier than 11:30 a.m. Chicken or veg. lasagna.

SENIOR CENTER TRIP ANNOUNCEMENTS, (CONTINUED)

9

OVERNIGHT TRIPS

VICTORIAN CAPE MAY, NEW JERSEY

Monday—Thursday, May 8—11, 2023

There is so much to see, so much to do!!

The Flyer is available at the Senior Center.

\$1,229 ppdbl — Must pay in full at sign up.

ADIRONDACK BALLOON FESTIVAL

Fri.—Sun., September 22—24, 2023

\$862 pp/dbl—Deposit \$100 @ sign up—Final Payment due 8/1/23. Flyer available at the Senior Center.

IN THE PLANNING STAGE: (awaiting more specific details)

4 days/3 nights motor coach trip for a Montreal & Quebec Getaway!

August 15—18, 2023

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Wrentham Council on Aging, Wrentham, MA

06-5380

MEALS PROGRAM

Call Emily Todd, Meal Site Manager at 508-384-1164, to order
a daily meal 2 days ahead.

Grab & Go Lunch every Wednesday, please call Janet at
508-384-5425 to order at least two days ahead.

For information on Meals on Wheels, please call HESSCO
Elder Services at 781-784-4944.

COA TRANSPORTATION INFORMATION

- THE SENIOR CENTER HAS A GATRA (GREATER ATTLEBORO TRANSPORTATION AUTHORITY) VAN, WHICH IS HANDICAPPED ACCESSIBLE. THE VAN IS USED TO TAKE SENIORS TO MEDICAL/DENTAL APPOINTMENTS, GROCERY SHOPPING, PHARMACIES, BANKS, THE POST OFFICE AND VARIOUS ERRANDS IN WRENTHAM AND SURROUNDING TOWNS (FRANKLIN, NORFOLK, FOXBOROUGH, AND PLAINVILLE). THE VAN OPERATES MONDAY—THURSDAY FROM 9:00 a.m. to 1:30 p.m. AND ON FRIDAY MORNINGS FOR GROCERY SHOPPING AT STOP & SHOP IN PLAINVILLE. PLEASE CALL AT LEAST ONE DAY IN ADVANCE TO RESERVE YOUR TRIP. THE VAN IS FREE OF CHARGE TO WRENTHAM SENIORS AND UNDER 60 DISABLED CITIZENS.
- THE GATRA ON DEMAND UNITED SERVICE IS AVAILABLE TO WRENTHAM SENIORS OVER THE AGE OF 60 AND ALSO DISABLED RESIDENTS. THIS SERVICE IS AVAILABLE FOR MEDICAL APPOINTMENTS AND OTHER NEEDS. GET PICKED UP ON DEMAND IN FRANKLIN, NORFOLK, WRENTHAM AND FOXBOROUGH. THE HOURS OF OPERATION ARE MONDAY—FRIDAY, 7:00 a.m.—6:00 p.m. and SATURDAY, 9:00 a.m.—6:00 p.m. FARES ARE \$2.00 ONE WAY. CALL IN REQUESTS REQUIRE CASH WHEN BOARDING. DOWNLOAD THE APP (SEARCH FOR GATRA GO UNITED) OR CALL 800-698-7676. www.gatra.org/gatra-go-united
- GATRA “MILES FOR HEALTH”, LONG DISTANCE MEDICAL TRANSPORTATION, SERVING FRANKLIN, FOXBOROUGH, NORFOLK AND WRENTHAM. MILES FOR HEALTH IS SHARED LONG DISTANCE TRANSPORTATION SERVING RESIDENTS OVER 60 YEARS OF AGE AND/OR DISABLED RESIDENTS. RESERVATIONS ARE TAKEN MONDAY, TUESDAY, THURSDAY AND FRIDAY FOR BOSTON APPOINTMENTS AND WEDNESDAY FOR ALL OTHER LONG DISTANCE APPOINTMENTS. APPOINTMENTS MUST BE MADE BETWEEN THE HOURS OF 9:00 a.m. and 1:00 p.m. WHEN YOU CALL, PLEASE HAVE THE FOLLOWING INFORMATION HANDY: WHERE YOU ARE TO BE PICKED UP, THE DATE TIME AND DESTINATION OF YOUR APPOINTMENT, A TELEPHONE NUMBER OF THE DOCTOR’S OFFICE OR MEDICAL FACILITY. THE DONATION FOR THE RIDE IS \$10, MAILED TO GATRA, 10 OAK STREET, TAUNTON, MA 02780. PLEASE CALL 800-698-7676 TO MAKE A RESERVATION AT LEAST 48 HOURS IN ADVANCE.
- THE TITLE III-B TRANSPORTATION PROGRAM THROUGH HESSCO ELDER SERVICES. “LAST RESORT TRANSPORTATION”, MUST BE MADE THROUGH THE COUNCIL ON AGING. PLEASE CONTACT JANET ANGELICO, SENIOR CENTER DIRECTOR AT 508-384-5425 TO MAKE A REQUEST FOR A RIDE.
- PLEASE CALL THE SENIOR CENTER FOR ADDITIONAL TRANSPORTATION RESOURCES.

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12 NOON—4:00 P.M.
ON THE TOWN COMMON**

We will recognize the history behind the Sweatt Fund and honor its on-going generosity to Wrentham. We will also celebrate Notable Homes, Notable People, and highlight many lesser-known, but significant facts about Wrentham's history.

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