

Wrentham

COUNCIL ON AGING



LOOKING AHEAD

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.—1:30 p.m.

CENTER STAFF

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WRENTHAM COUNCIL ON AGING MEMBERS;

- Kendra Farling - Chairwoman
- Paul Bruneau—Vice Chairman
- Wayne Burt—Secretary
- Nancy Mure
- Ann Smith
- Robert Ayres
- Judy Simonds

I'm hoping as I write this that our weather is warm and sunny! We have some new activities we are advertising this month—our Monday walking group has become a Hiking group for moderate walkers and we now have a Wednesday Gentle Walking group for those who would prefer to stay low key. You choose what works best for you. We also will be reintroducing our Discussion group on Thursdays, from 1—2 p.m. beginning April 18.

WRENTHAM SENIOR ART GROUP

13th Annual Exhibition

April 4 to 30, 2024

FISKE LIBRARY, RANDALL ROAD, WRENTHAM

Artists' Reception Saturday, April 6, 1—3 p.m.

Cards and Prints for sale.

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WEEKLY CLASSES & ACTIVITIES

2

MONDAY

HIKING GROUP—NEW!

9:00 A.M., MEETS IN THE SENIOR CENTER PARKING LOT. MODERATE WALKING THRU THE TRAILS OF THE TOWN FOREST. SOME WINDING AND HILLY TERRAIN.

SHINE

9:00 A.M.—12:00 NOON

OUR VOLUNTEER SHINE COUNSELOR WILL BE AVAILABLE ON MONDAYS BY APPOINTMENT ONLY. PLEASE CALL FOR AN APPOINTMENT.

GAMES

10:00 A.M.—12 NOON

COME IN AND JOIN A FUN GROUP. VARIOUS GAMES ARE PLAYED, LET US KNOW WHAT GAMES YOU WOULD LIKE TO PLAY!

LINE DANCING

1:00 P.M.—2:00 P.M.

COST: \$2

ENJOY GREAT EXERCISE WHILE LEARNING THE LATEST LINE DANCES!

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. ALL ARE WELCOME!

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

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.

GENTLE WALKING—NEW!

11:30 A.M., MEETS IN THE SENIOR CENTER PARKING LOT. WE WILL STAY ON LEVEL GROUND NEAR THE CENTER. EACH PERSON WILL FIND THEIR OWN PACE. A GREAT WAY TO INCREASE ENERGY, LOWER BLOOD PRESSURE AND REDUCE STRESS!

THURSDAY

CHAIR YOGA

9:30 A.M.—10:30 A.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.

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

DRUMS ALIVE, Tues., April 2 @ 1:00 p.m., \$3

It is a fun, high energy class combining movement and music with the power of drumming. It is very inclusive, you can do it either sitting or standing. The class uses large yoga balls on top of buckets with drum sticks to hit the beat to music.

MANICURES/PEDICURES—Thursday, April 4 & 18, by appointment only. Call the Center at 508-384-5425 to make an appointment.

CHAIR MASSAGE

The Senior Center offers monthly chair massages with LMT Joanne O'Brien! Chair Massages are on Tuesday, April 16, starting at 10:00 a.m. The cost of the massage is \$1.00 per minute with a maximum of 20 minutes; gratuity is optional. Call 508-384-5425. Appointments fill up fast!!

BOOK GROUP

**Thursday April 11 at 3:30p.m.
GOODNIGHT, IRENE: A NOVEL , by Luis Alberto Urrea
You must sign up to attend.
The novel is based on Urrea's mother's experiences as a WW2 Red Cross volunteer. Adept at fiction and non-fiction the author combines his skills to reveal the little known bravery of women recruited to support troops through recreational therapy- games, music, coffee and donuts- via mobile units at the battlefield.**

Vital sign screenings and confidential health consultations with the public health nurses. Call 508-384-54855 to make an appointment.



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Wrentham Council on Aging , Wrentham, MA

06-5380



LOCK BOXES FOR SENIORS
The Senior Center in conjunction with the Police and Fire departments is excited to announce the new free residential lockbox program for eligible

residents. Supply is limited! The program is designed to give firefighters and police officers faster access to our seniors or disabled residents who may experience an emergency when they are unable to get to the door. These boxes reduce the risk of property damage incurred when responders have to force open doors. More importantly, it saves time during an emergency. Please call Robin Tobin or Janet Angelico, 508-384-5425, if you are interested. If you do not meet eligibility criteria, please visit Cataldo's Hardware Store in Wrentham Center, 508-384-2431, as they have lock boxes available to purchase.



The Wheels on the Bus go Round and Round!!!! FREE Senior Center Transportation!!!! Wrentham Seniors who are in need of local transportation are *welcome* to utilize our Senior Center Bus! We operate Monday through Friday 9:00am-2:00pm. We are happy to transport you around Town as well as locally to the senior center, town hall, post office, medical appointments, hair dresser, barber, nail salon, you name it! Please call 508-384-5425 to schedule your ride! We encourage you to schedule your medical appointments in the morning for easier ride accommodations! Rides are **FREE** and wheelchair accessible!

WRENTHAM SENIOR BUS SCHEDULE
Mon. to Thurs.—local medical appts., Senior Center programs & errands.
Friday—Grocery Shopping to Plainville S&S



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, April 10 @ 1:00 p.m. at the Wrentham Senior Center! If you are a Caregiver and in need of support please call the Center and reserve your name.

Memory Café Wrentham. The Café will resume on **Tuesday, April 23 at 2:00 p.m.**

The Wrentham Senior Center in collaboration with the Town Nurses will now offer a monthly Memory Café! A memory café is a welcoming gathering place for people with forgetfulness or other changes in their thinking and for their family, friends, and caretakers. Memory cafés are happening all over Massachusetts. Each memory café is unique; for example some cafés invite guest artists, some offer education about memory changes, and some are just for relaxing and chatting. The goal of the Memory Café's to help guests feel comfortable and to know that they are not alone. Cafés are a place to talk with others who understand what you are going through, to forget about limitations and instead focus on strengths, to enjoy other's company, and to explore something new. The Memory Café will be held on the 4th Tuesday of each month from 2:00pm-3:00pm. Café's meet monthly for about 1 hour and there is no cost to attend. Call the Wrentham Senior Center, 508-384-5425 to register!

Next Legal Clinic will take place Monday, April 29, from 1:00-3:00pm. MetroWest Legal Services through its Senior Citizen's Legal Project, MWLS provides legal services to individuals 60 years and over living in Wrentham as well as other communities in their service area. MWLS advocates help clients with the following: Housing, Benefits, Bankruptcies and Consumer, Nursing Home, Elder Abuse and Restraining Orders, Limited Family Law matters including Divorces and Contempt actions, Durable Powers of Attorney and Health Care Proxies. Through MWLS Private Bar Involvement (PBI) Program, local private attorneys volunteer their services to assist MWLS clients with simple Wills. Clinics will take place at the Wrentham Senior Center every other month with Attorney, Vera Ochea. The consultations are **FREE** and typically last 20 minutes. Please call the Wrentham Senior Center, 508-384-5425, to reserve.

Good Neighbor Energy Fund (GNEF):

The Massachusetts Good Neighbor Energy Fund is available to any Mass. 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. If you feel you may be eligible, call Robin Tobin, 508-384-5425 for program criteria and eligibility.

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** or <https://www.eversource.com/content/ema-c/residential/account-billing/payment-assistance>

National Grid Plans and Assistance

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

LIHEAP (Low Income Home Energy Assistance Program) The 2023-2024 LIHEAP Season will be accepting applications beginning November 1st, 2023-April, 30th, 2024. This Program helps keep seniors as well as families safe and warm through the winter months by assisting with high energy costs. LIHEAP provides federally funded assistance to reduce the costs associated with home energy bills, energy crises, weatherization, and minor energy-related home repairs. Please call Robin Tobin, 508-384-5425, for Eligibility Criteria and to schedule an appointment; no walk-ins please.

The ACP (Affordable Connectivity Program) is **DISCONTINUED!** The ACP will **NOT** accept new applications and enrollments for their Lifeline Programs. What happens when ACP expires? As it stands, participating households will get notices from their internet company about the end of the program that will include the impact on their bill, the date of the last bill that includes the ACP benefit, and they can change service or opt-out of service.

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The Wrentham Fire Department and Sound the Alarm Home Fire Campaign

The Wrentham Fire Department announces their new partnership with the American Red Cross and their Sound the Alarm Home Fire Campaign. This Campaign will allow the WFD to provide battery operated Smoke and Carbon Monoxide Detectors to Wrentham Residents, free of charge! The campaign also offers bed shaker alarms and strobe lights, free of charge! To learn more about the Campaign or set up a home visit, you can email the WFD, Fireedu@fire.wrenthma.ma.us or call 508-384-3131

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.

Wrentham Police Department Alert Program

The ALERT PROGRAM is being offered in Wrentham to provide families a degree of security when they have family members or they are caregivers to individuals with Alzheimer's, Autism, or any other special medical or physical condition. The ALERT PROGRAM is voluntary & confidential, intended to assist Law Enforcement and Fire Personnel in the event of an emergency. To participate, fill out an ALERT form at Wrentham Police Department, 89 South Street or contact Officer Crosman at 508-384-2121. You may also email Officer Crosman: kcrosman@police.wrentham.ma.us.

The form includes the registered person's name, address, physical description, relevant medical information, best methods of approaching, and wandering patterns if applicable.

- A recent photograph is also requested and should be updated every few years.
- Information on the forms will be stored in-house and only shared between police and fire in the event of an emergency.
- If your loved one wanders off or is involved in some type of emergency, you should contact the police immediately and inform them the person is registered with the Alert program.

Officers will be able to quickly access the information on the ALERT form to assist with locating the individual and/or interacting with them during the emergency.

This information will not only assist the department in emergency situations, but also help teach officers about new ways to interact with individuals with different medical, physical, and emotional disabilities.

Massachusetts Behavioral Health Help Line (BHHL)

The Behavioral Health Help Line (BHHL) is available 24/7, 365 days per year and is available for all residents of Massachusetts. Call or text 833-773-2445. Visit the website to chat online @ masshelpline.com. The Behavioral Health Help Line (BHHL) connects individuals and families to the full range of treatment services for mental health and substance use offered in Massachusetts, including outpatient, urgent, and immediate crisis care. **Call** for real-time support, initial clinical assessment, and connection to the right evaluation and treatment.

APRIL CALENDAR

MON	TUES	WED	THURS	FRI
01	02	03	04	05
9:00 Walking Group 9:00 SHINE 10:00 Games 1:00 Line Dancing 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 12:00 Exercise 1:00 Drums Alive!	9:30 Beginner Mah Jong 10:00 Knit/Crochet 11:30 New! Gentle Walking	9:30 Chair Yoga 10:00 Manicures/Pedicures 11:00 Sit & Stretch 2:00 Floor Yoga	9:00 Grocery Shopping 9:00 AARP Tax Aid—By Appointment Only
08	09	10	11	12
9:00 Walking Group 9:00 SHINE 10:00 Games 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 11:00 Low Vision at the Franklin Senior Center 12:00 Exercise	9:30 Begin Mah Jong 10:00 Knit/Crochet 11:30 Gentle Walking 12:30 Balance Workshop & Lunch! 1:00 Caregivers' Support Group	9:30 Chair Yoga 11:00 Sit & Stretch 12:30 Pizza & Scam Presentation—Wrentham Police 2:00 Floor Yoga 3:30 Book Group	9:00 Grocery Shopping 9:00 AARP Tax Aid—By Appointment Only
15	16	17	18	19
HOLIDAY - PATRIOT'S DAY CLOSED	9:30 Painting 9:30 Cribbage 10:00 Chair Massage 12:00 Exercise	9:30 Beginner Mah Jong 10:00 Knit/Crochet 11:30 Gentle Walking 12:00 Grab & Go 12:30 Pizza & Movie "Moving On"	9:30 Chair Yoga 10:00 Manicures/Pedicures 10:30 Cash Only 11:00 Sit & Stretch 1:00 Discussion Group 2:00 Floor Yoga	9:00 Grocery Shopping
22	23	24	25	26
9:00 Walking Group 9:00 SHINE 10:00 Games 1:00 Line Dancing 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 12:00 Exercise 2:00 Memory Cafe	11:00 Beach Boys 11:30 Gentle Walking <u>SENIOR CENTER IS CLOSED TODAY</u>	9:30 Chair Yoga 11:00 Sit & Stretch 1:00 Discussion Group 2:00 Floor Yoga	9:00 Grocery Shopping
29	30			
9:00 Walking Group 9:00 SHINE 10:00 Games 1:00 Line Dancing 3:00 Qi Gong	9:30 Painting 9:30 Cribbage 12:00 Exercise		APRIL	

SENIOR CENTER TRIP ANNOUNCEMENTS

WE THANK THE FRIENDS OF WRENTHAM SENIOR CITIZENS, INC., FOR PROVIDING A 2024 GRANT TO WRENTHAM SENIORS THAT WILL PAY FOR 1/2 THE COST OF DAY TRIPS IN 2024 UP UNTIL THE TIME THE GRANT IS DEPLETED.

CASH ONLY

THURSDAY, 4/18/2024.....\$117.00

We all remember Johnny Cash, a singer, guitarist and songwriter who mixed country, rock, blues and gospel in his performances. The CASH ONLY is a tribute band that provide an ultra-entertaining performance of Cash's legendary tunes. We depart at 10:30 a.m., to the beautiful waterfront Venezia Restaurant in Boston. Select lunch entrée of either Boston baked haddock or Chicken Parmigiana. Payment in full required no later than Thurs., 3/21.

THE BEACH BOYS TRIBUTE

WEDNESDAY, 4/24/2024.....\$89.00

Brothers Brian, Dennis and Carl Wilson, their cousin Mike Love and friend Al Jardine, known as the Beach Boys, constructed the most intricate, gorgeous harmonies ever heard from a pop band. Today, tribute group "Still Surfing", perform as true to form as the originals! This is a drive on your own to Lake Pearl, arriving no earlier than 11:00 a.m. Lunch entrée of either baked stuffed chicken or vegetarian lasagna. Pay in full by Thurs., 3/28/24. Space is limited!

MOBSTERS & LOBSTERS TROLLEY TOUR

TUESDAY, 5/14/2024.....\$171.00

This is a one of a kind trolley tour through Boston's sinister underground. We travel on an open-air trolley (there are windows and heat) where we will hear tales of Boston's past; thievery, scams, mayhem and cover-ups; all narrated in a fun and light-hearted manner. After our tour, we dine at the Venezia Restaurant where your entrée selection of lobster, NY sirloin steak, chicken parmesan, baked haddock, short ribs or vegetarian will be served. Wait List Only!!

RICKY NELSON REMEMBERED

WEDNESDAY, 5/22/2024.....\$89.00

This tribute to Ricky Nelson will be performed by his identical twin sons, Matthew and Gunner Nelson. There will be never before seen big screen video footage of the Nelson family. This is a drive on your own to Lake Pearl, arriving no earlier than 11:00. Select entrée of either chicken picatta or vegetarian lasagna. Pay in full by 4/18/2024 Space is limited!

ROLLING STONES TRIBUTE SHOW

WEDNESDAY, 6/19/2024.....\$89.00

Considered to be the #1 International touring Rolling Stones Tribute Show. This is a drive on your own to Lake Pearl, arriving no earlier than 11:00 a.m. Select lunch entrée of either Chicken Parmesan or Pasta Primavera at sign up. Pay in full no later than 5/16/24. No refunds after 5/19/24

**JIMMY BUFFET TRIBUTE SHOW, MONDAY,
7/15/2024\$137.00**

This show is the most requested Jimmy Buffet Tribute band in the country! Grab your virtual "beach chair and sun tan oil" and join us as we travel to Foster's Clambake Restaurant in York, Maine. Meal selection is either a traditional Maine Lobster bake or 1/2 a BBQ Chicken. Depart time TBA. Sign up now and pay in full no later than June 26. No refund after 6/11/2024.

PAY ALL TRIPS BY CHECK PAYABLE TO WRENTHAM SENIOR TRAVEL. YOUR FILE OF LIFE IS YOUR BOARDING PASS. SPECIAL REQUESTS FOR ASSISTANCE ON BUS AND /OR AT VENUE MUST BE MADE KNOWN AT SIGN UP.

NO REFUND IS GIVEN AFTER PAY IN FULL DATE UNLESS STATED TO THE CONTRARY.

OVERNIGHT TRIPS

NOVA SCOTIA WITH TATTOO FEST, JUNE 29—JULY 3, 2024

MOTORCOACH TRANSPORTATION TO NOVA SCOTIA, CANADA! PLEASE REFER TO THE FLYER AT THE SENIOR CENTER FOR INFORMATION. \$1,799 pp Double, \$115 pp double (Optional Travelers Ins.). \$300 required at sign up (plus insurance if selected). Final Payment date is April 24, 2024.

BOOTHBAY HARBOR/CABBAGE ISLAND LOBSTERBAKE, JULY 30—JULY 31, 2024

THE ADVENTURE BEGINS WITH A TRAIN RIDE ON THE DOWNEASTER TO FREEPORT, MAINE. PLEASE REFER TO THE FLYER AT THE SENIOR CENTER FOR FULL DESCRIPTION. \$599 pp double, \$52 pp double (Optional Travelers Ins.) \$100 deposit required at sign up (plus insurance if selected) Final due 5/31/24.

NOTE: THE FOLLOWING TWO TRIPS ARE SHARED TRIPS WITH QUINCY SEN. CNTR.—SPACE LIMITED!!

MAGNIFICENT THOUSAND ISLANDS, SEPTEMBER 24—26, 2024 3 DAYS/5 MEALS

ROUNDTRIP MOTORCOACH TRANS; REFER TO FLYER AT SENIOR CENTER FOR FULL DESCRIPTION. \$725 pp double, Deposit of \$150 at Sign Up. Travel Ins. Prepaid. Final Payment due July 15, 2024.

EXCITING NEW YORK CITY!!, OCTOBER 15-17, 2024 3 DAYS/3 MEALS

A VISIT TO THE MOST EXCITING CITY IN THE WORLD! FULL ITINERARY ON FLYER AT SENIOR CENTER. \$1051 pp double, Deposit of \$150 at Sign Up. Travel Ins. Prepaid. Final Payment due August 20, 2024.

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Wrentham Council on Aging, Wrentham, MA

06-5380

PIZZA & A MOVIE!

WEDNESDAY, APRIL 17, PIZZA AT 12:30 P.M., MOVIE AT 1:30 P.M. PLEASE JOIN US FOR A FUN AFTERNOON. WE WILL HAVE PIZZA, SALAD, DRINK & DESSERT. COST IS \$4, PAYABLE AT SIGN UP. FOLLOWING THE PIZZA, WE WILL SHOW THE MOVIE "MOVING ON", STARRING JANE FONDA AND LILLY TOMLIN. SIGN UP BY FRIDAY, APRIL 12 AT 508-384-5425.



April 10, 2024 at 12:30p.m.

Balance Workshop

With Accelerated Performance Rehabilitation
David Fleischman MPT

We would love for you to join us! Our workshop will help you learn how to improve your body strength, manage your pain, stay balanced, and prevent injuries to keep you staying healthy and active. You will also learn some simple exercises that you can perform at home to maintain core strength and balance.

Lunch will be provided!

WRENTHAM POLICE DEPARTMENT SCAMS IN OUR AREA

THURSDAY, APRIL 11, 12:30—1:30 p.m.

Please call the Senior Center at 508-384-5425 to sign up for this presentation. A pizza lunch is included.

The Wrentham Police Department will be discussing a number of the different types of scams that are out there. We will talk about indicators that it might be a scam, ways to handle the situation at the time, and things folks can do to prevent falling victim to them.



BJ'S MEMBERSHIP

The Wrentham Senior Center, thanks to the Friends of Wrentham Seniors, Inc., has a BJ's membership that allows you to get a membership at a reduced rate. If you are a Wrentham senior and interested in obtaining a membership, please come to the Senior Center and we will give you a letter to bring to BJ's which entitles you to the reduced rate for one year's membership. The cost for a 2023 membership was \$30. We are not sure of the 2024 cost.

We now have a box, located in the hallway next to the book shelves, that is for flag disposal. If you have a U.S. flag that is worn, torn, etc., please feel free to place it in the box

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

PLEASE REMEMBER TO SIGN IN ON MYSENIOR CENTER EVERY TIME YOU COME IN. THIS HELPS WITH GRANT FUNDING!!

Just a quick note that all Senior Center programs are subject to change at any time. "Typos" may happen! Thanks for understanding!



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Christopher Heights offers unique senior lifestyle plans to fit every season of your life. In our community you'll never feel isolated as you will be surrounded by the support and understanding of your Christopher Heights family. You'll also enjoy continuous quality care, lively group activities, a well-balanced meal plan and your own private apartment! Don't weather the seasons alone, let us take care of you in your new home, **our home**. To learn more, please contact **Margaret Phillips** at 508-222-2868.



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Wrentham Council on Aging, Wrentham, MA

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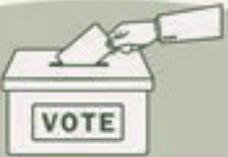
2024

Annual Election Information

Voter Registration: Friday, March 22, 2024 9AM to 5PM @
Town Hall (79 South Street) in the Main Lobby

Annual Town Election: Monday, April 1, 2024 from 7AM to
8PM @ Delaney Elementary School (120 Taunton Street)

EARLY VOTING or **VOTE BY MAIL** will **NOT** be
available for the Annual Town Election.
If you have any questions, please contact the
Town Clerk's office.



WRENTHAM SENIOR CENTER APRIL NEWSLETTER



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South Shore Nursing & Rest Home Ombudsman
Elder Services

- Become trained and certified as an Ombudsman.
- Create your own volunteering schedule.
- Protect and educate about residents' rights.
- Help residents resolve their concerns or issues.

You can make a difference!



For more information about this important volunteer advocacy work, call us at South Shore Elder Services at (781) 848-3910, or (781) 930-0200, or visit us online at www.sselder.org/volunteer/

Our Program's Territory Includes:
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