

(Sept. 2015 activities)

The Billerica Senior Center is located at 25 Concord Road. Hours are 8:30 a.m. to 4 p.m. Monday through Friday. For more information on these or other activities, call 978-671-0916. www.town.billerica.ma.us

Call the Senior Center at **978-671-0916** for reservation and cost information.

The Respite Companion care-This program helps families care for their loved ones, allowing elders to remain at home as long as possible and provides peace of mind and respite for the caregiver. This program, provided by the Billerica Council on Aging, is exclusive to Billerica residents. Respite Companions are available seven days a week. For more information and to learn how the Respite Companion program can help you call Bonnie Courtemanche at 978-671-0916

COA TV Program – “FOREVER YOUNG” -- Check out the Billerica Council on Aging’s BATV program, Forever Young. A new show airs, monthly, on Comcast Channel 8 and Verizon Channel 31.

COA Van Service - The van helps seniors do errands and tend to local medical appointments five days a week. The van will take Billerica Seniors, age 60+; the cost is \$1.00 each way. A two day noticed is required. Please call Ruth at 978-671-0916 between 9a.m. to 3p.m. The hours are: 8:00a.m. to 3:30p.m., Monday Thru Friday last pick up is 3:00p.m.

All Workshops Listed Require Sign-ups to Attend

September Special Programs:

Billerica Bandstand is coming back September 14th at 11:30a.m. Enjoy an affordable lunch and listen or dance to the great music by DJ Jon Mansfield for \$4 per person. Tickets available at the front desk.

Matter of Balance-Starting Sept. 16th at 12:30p.m. BCOA and Lahey Clinic is offering a 6 week (6 consecutive Wednesdays) fall prevention Matter of Balance Workshop that targets individual risk factors. Workshop is free but space is limited. Contact Bonnie with any questions.978-671-0916

Wisdom Works –Wed. Sept 16th, 23rd and 30th at 6:00p.m. The Billerica (COA)is offering a Job Search Training Program that helps adults 55+ learn the essential skills required for seeking employment in today’s competitive marketplace. This is 4 two hour sessions during which job search strategies and employment goals are developed. The Registration fee is \$10. Please contact BCOA Director Donna Popkin at 978-671 0916

Defense for Woman (RAD) –Starting Thurs. Sept. 17th at 10:00a.m. (6 consecutive Thurs). This program is aimed to empower seniors through self-defense. There is a \$10 fee to cover materials. Class is limited to 10 people so sign up now at the Senior Center.

An Apple a day Workshop–Fri. Sept. 18th at 11:30a.m. How to keep well using healthy nutrition practices Presented Erica Kelley from Lifecare of Merrimack Valley

“What is Assisted Living”—Mon Sept. 21st at 11:30a.m. Presented by Janna Barry of BrightView River Assisted Living (Free Limited to 25) Lunch and Learn Workshop

Not Outliving Your Retirement Savings- Mon. Sept. 28th at 10:00 a.m. Workshop presented by Frank Hynes and associates from MetLife

Two to Tango---Wed. Sept. 30th at 2:00p.m with Richard Clark & Lynne McKenney Lydick ”The Lion in Winter” and Neil Simon’s “Visitor from New York” take us on a bittersweet tour of life, love and love lost.