

(October 2015 activities)

Billerica Senior News -- Dedicated to Serving Billerica's Finest, The Senior Citizens.

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 notice is required. Please call Ruth at 978-671-0916 between 9a.m. to 3p.m. The hours are:

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 3:30	8:00 – 3:30	8:00 – 3:30	8:00 – 3:30	8:00 – 3:30

- Monday Thru Friday last pick up is 3:00p.m.

Monday and Tuesday Only: The Van will take seniors to the Senior Center.

Please call Ruth at 978-671-0916 x229 from 9a.m. to 3p.m. to schedule a ride. A Two day notice is required.

All Workshops Listed Require Sign-ups to Attend

October 2015 Special Programs:

Pharmacy Clinic and Blood Pressure—Thurs. Oct. 8th and 22nd at 10:00a.m. with Dr. Zouzas of Walgreens

Shine-Wed. Oct. 14th & 21st at 8:30a.m. Facilitated by Sherry Palo. Please sign up at the front desk.

Medicare 2016 workshop –Thurs. Oct. 22nd at 9:30a.m. Presented by Lisa Rose, the Regional Shine Director from Elder Services of Merrimack Valley. Did you know Medicare open enrollment is Oct. 15th to Dec. 7th? You will receive a notice from your plan by the end of September. If you have a problem understanding the changes you can make an appointment with the Shine Councilor at the Senior Center.

Compassionate Care- Thurs. Oct. 15th at 1:00p.m. Presented by Saloni Malhotra of Compassionate Care Hospice. “Dispelling the myths of Hospice care”. Saloni will discuss the three topics which are the foundation of holistic therapies and introduce seven therapies that restore and promote resiliency.

Billerica Halloween Bandstand –Monday Oct. 19th 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. Costumes encouraged. Prizes given out. Always a fun time.

Hearing Appointments-Wed. Oct. 21st at 1:00p.m. Mass Audiology will conduct hearing screenings, as well as clean & check your hearing aids. Please call for an appointment.

Fallon Insurance Information-Mon. Oct. 26th at 10:00a.m. a Fallon Insurance agent will be here to present their information and answer any questions.

Book Club- Tues. Oct. 27th at 12:30p.m The Book is “Snow Flower and the Secret Fan” by Lisa See.

History Lecture- Thurs. Oct.29th at 10:00a.m The War of 1812. Presented by Paul Hogman.

Billerica COA Support Groups:

Caregiver’s Support- Wed., Oct. 7 & 21 at 10:00 a.m. Facilitated by Mary Coakley.

Social Group- Mon., Oct. 5 & 26 at 1:00 p. m, and Oct. 19 at 2:00 p.m. Facilitated by Mary Petty.

Grief & Healing Support- Wed. Oct. 14, 28 at 11:00 p.m.

Men’s Group- Thurs., Oct. 1 at 1:00 p.m.

Respite Companion Home Service Program Provides Caregiver Relief

Respite Companion Care Program is available to help reduce isolation for elders living independently and provide relief for family members caring for a spouse or parent. Respite companions can provide company and supervision, give rides and prepare meals. If you have any questions about the program, contact Bonnie Courtemanche at 978-671-0916 X 226.

Notes & Reminders:

Sen. Donnelly’s new office hours: is now the first Tuesday of the month starting at 11:30

Veterans’ Property Tax Work-Off Programs_Billerica Seniors and veterans, or their proxies 60 years or older, have the opportunity to work (via jobs in municipal departments and schools) 75 hours during the period of July 1, 2015 and February 29, 2016, to obtain a \$750 property tax relief benefit. Applications are currently available now through October. For more information, contact Bonnie Courtemanche at 978-671-0916 or at bcourtemanche@town.billerica.ma.us.

Golf league-- has ended

October 19th

No Chair Aerobics

October 28th

No Ceramic, No Shine,

Closed

October 12th

Columbus Day

Save These Dates!! And Sign Up

***Sen. Ken Donnelly—Tues., Nov. 3 at 9:30 a.m.**

***Blue Cross, Blue Shield Informational Workshop—Tues., Nov. 3 at 10:00 a.m.**

***Recognizing Signs of Alzheimer’s—Thurs., Nov. 5 at 10:30 a.m.**

***Billerica Bandstand Mon., Nov. 9 at 11:30 a.m.**

***Lunch and Learn Workshop on Downsizing—Thurs., Nov. 12 at noon.**

***Lunch and Learn Workshop by Zounds of Westford—Fri., Nov. 20 at 11:30 a.m.**

***Rep. Marc Lombardo—Wed., Nov. 18 at 9:30 a.m.**

Billerica COA Trips - Get on Board
Call Linda at 978-671-0916 X 222

The Mohawk Trail Foliage Tour—Tues., Oct. 6; \$70 p/p; trip includes sightseeing, meal at Chandler's Restaurant, Atkin Farm shopping, transportation and driver gratuity.

The Manhattan Dolls, Tues., Nov. 10. at **Flying Monkey, Plymouth, NH** \$92 p/p includes Swing Style female group, meal at the Common Man Inn in Plymouth, NH, transportation and driver gratuity.

New Year's Eve Day Trip—Thurs., Dec. 31—\$88 p/p; includes Cabaret performance, dancing to Tom LaMark Orchestra, meal at Double Tree Hilton, Leominster, transportation and driver gratuity