

# HANOVER HAPPENINGS

DECEMBER 2014

## HANOVER COUNCIL ON AGING MISSION STATEMENT

*To provide services, educational programs and activities which enhance and promote the highest quality of life for each individual.  
The Mailing of this newsletter is supported in part by the Executive Office of Elder Affairs*

### December's Message From The Director:

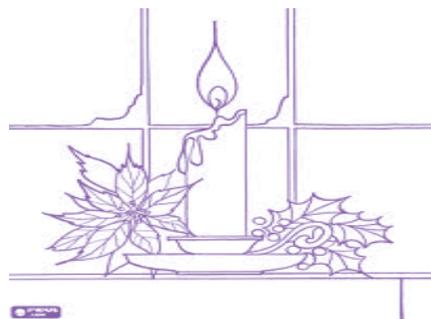
At the end of the work day, Nancy, Katie and I often review the day's events and the people that take part in our programs. One such day, we were discussing an individual and how her kindness is reflected in her face. Nancy commented that it is almost as though she is "lit from within." The conversation led to other people that we feel also shine and reflect what's good in the world.

There are many and the Hanover Senior Center is truly blessed.

While the Holiday season brings out the best in people, many here give their light all year. Thank you for illuminating our hearts.

Appropriately, our First Annual Holiday Card winner, Peg Desmond has titled her entry, "Enjoying the Lights of Hanover." You may purchase them here. Each card is only \$1.00. All proceeds go to programs for you and we thank you for your support.

*Happy Holidays !*



*"A smile is the light in your window that tells others that there is a caring sharing person inside."*

*Dennis Waitley*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG  <b>PM SHOPPING SHAWA-CUSHING &amp; OTHERS</b>	2 9:30 MORNING OUT 12:00 LUNCH 1:00 WATERCOLOR 1:00 TAI CHI 1:00 MAH JONG LESSON  <b>PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS</b>	3 9:30 YOGA 12:00 LUNCH 1:00 BINGO/POKER 1:00 WHIST	4 10:00 BOWLING 10:00 EXERCISE WITH CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD 2:00 BEREAVEMENT <b>PM SHOPPING HANOVER MALL</b>	5 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH  <b>PM SHOPPING-SHAWA LEGION &amp; BARSTOW</b>
8 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG 1:00 DECO ART  <b>PM SHOPPING SHAWA-CUSHING &amp; OTHERS</b>	9 9-12 SHINE (By Appt) 9-12 BEAUTY SALON 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI 1:00 MAH JONG LESSON  <b>PM SHOPPING KOHLS/STOP &amp; SHOP</b>	10 <b>12:00 ANNUAL HOLIDAY PARTY</b>  <b>NO OTHER ACTIVITIES</b>	11 10:00 BOWLING 10:00 EXERCISE WITH CHRIS 10:00 ASK A LAWYER 10:00 BOOK CLUB 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD 2:00 BEREAVEMENT  <b>PM SHOPPING HANOVER MALL</b>	12 8:30 ACUPUNCTURE (By Appt) 9:30 WALNUT HILL HOLIDAY CLASS 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 ART MATTERS  <b>PM SHOPPING-SHAWA LEGION &amp; BARSTOW</b>
15 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 1:00 MAH JONG <b>1:00 VICTORIAN TEA</b>  <b>PM SHOPPING SHAWA-CUSHING &amp; OTHERS</b>	16 9:00 BLOOD GLUCOSE 9:30 MORNING OUT 9:30 MENS DISCUSSION 12:00 LUNCH 1:00 WATERCOLOR 1:00 TAI CHI 1:00 MAH JONG LESSON  <b>PM SHOPPING STAR/MARSHALLS MARSHFIELD</b>	17 9:30 YOGA 12:00 LUNCH 1:00 BINGO/POKER 1:00 WHIST	18 10:00 BOWLING 10:00 EXERCISE WITH CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD 2:00 BEREAVEMENT  <b>PM SHOPPING HANOVER MALL</b>	19 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH  <b>PM SHOPPING-SHAWA LEGION &amp; BARSTOW</b>
22 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG  <b>PM SHOPPING SHAWA-CUSHING &amp; OTHERS</b>	23 9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI 1:00 MAH JONG LESSON  <b>PM SHOPPING HANNAFORD</b>	24 <b>NO ACTIVITIES</b>	25 <b>CHRISTMAS DAY</b>  <b>SENIOR CENTER CLOSED</b>	26 <b>NO ACTIVITIES</b>
29 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG <b>PM SHOPPING SHAWA-CUSHING &amp; OTHERS</b>	30 9:30 MORNING OUT 1:00 TAI CHI 1:00 MAH JONG LESSON  <b>PM SHOPPING MARKET BASKET</b>	31 <b>NO ACTIVITIES</b>	<b>REMEMBER DESSERT BUFFET ON SUNDAY DECEMBER 7 AT 2PM</b>	

*All the seniors in town  
are reading this newsletter.*

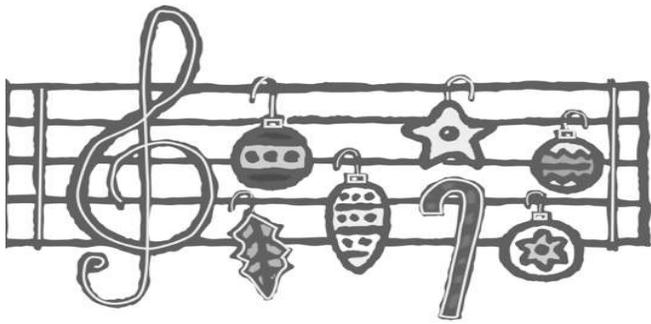
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**Be World  
Conscious  
Recycle!**



## HOLIDAY CONCERT

AND

## DESSERT BUFFET

RESERVATIONS NECESSARY

On Sunday, December 7 at 2 PM, there will be a special **Holiday Concert and Dessert Buffet** at the Hanover Senior Center. The Rusty Skipper will entertain us with some of your favorite holiday music! The cost is \$5 and sign-ups begin on November 24 and ends on December 4. Transportation is available. Please call for van reservation if needed.

### **FYI: FEES**

Yoga,\$4.00, Exercise with Chris, \$4.00  
Zumba,\$4.00, Stretch and Relax, \$4.00  
Holiday Tea,\$3.00, Holiday Party,\$12.00  
Holiday Concert and Dessert Buffet,\$5.00  
Art Matters,\$2.00, Watercolor,\$10.00  
Deco Art,\$5.00, Walnut Hill Class, \$5.00



## ANNUAL HOLIDAY PARTY!

**Wednesday, December 10, 2014 , noon, \$12.00**The annual **Holiday Party** will be held on Wednesday, December 10 at noon. Enjoy a roast beef dinner by Harts Caterer and entertainment by the Tenors.

**Signups begin on Monday, November 24** and the first two days are reserved for Hanover residents and honorary Hanoverians (volunteers who have helped out for 30 hours). This very popular event sells out quickly.

Remember reservations must be made in person and payment must be made when you reserve. Each person can sign up for themselves and only one additional person.

**2015  
FRIENDS OF  
THE HANOVER COUNCIL ON AGING  
ANNUAL MEMBERSHIP DRIVE  
UNDERWAY**

The Friends of the Hanover Council on Aging is a nonprofit organization that acts as a support and fundraising entity to enhance programs and activities of the Council on Aging and Senior Center.

The Friends seek NEW and RENEWED members. Membership is only \$5.00.

**WHAT YOUR FRIENDS MEMBERSHIP  
MEANS TO US**

Your annual membership in the Friends of the Hanover Council on Aging is a mainstay for our organization. Friends contribute to help pay for programs that enrich seniors lives. The Friends have subsidized many programs this past year and with your support, they will continue to do so. Yearly membership is open to all and you do not need to be a senior to be a Friend. Members who have paid in November and December will be added to the 2015 membership. Names will be added in January's newsletter.

**Please remember if you do not see your name, it will be added the following month.**

**FRIENDS BOARD MEMBERS**

Dorothy Quinn, President, Treasurer

Elaine Crowley, Vice President

Judi Barca,

Marjorie Rooney

And Doreen Giordani

**DECEMBER CHANGES**

There will be no programming on the following days: December 24, 25 (center closed), 26, and 31.

Happy holidays to all!

The Senior Center will be closed on January 1, 2015.

**RECYCLE FUNDRAISER**

Hanover Council On Aging has partnered with Bay State Textiles Invite your family, friends, & neighbors to participate!



Generates \$\$\$ for the C.O.A.—town saves \$\$\$ on disposal fees — Helps the environment

All of the following are accepted in any condition as long as it's clean and dry

Donate, Recycle, Don't Throw Away

C.O.A. generates a rebate of \$100 per ton on textiles collected

Clothing ,shoes, pocketbooks , linens , stuffed

Animals , Accessories

Visit baystatetextiles.com for a detailed list of items

Boxes located outside of the C.O.A.

Ongoing Textile Recycling Fundraiser

**WISH LIST**

PEACE  
JOY  
HOPE  
FAITH  
LOVE

**THANK YOU**

James Fitzpatrick

Eileen Zadorian

Mary Simmons

Linda Hickey

Steven Laroe

Joyce Wilson

Joan Hurlburt

Isobel Johnson

Mildred Hickey

Linda Ducharme

Kenton Greene

Elizabeth Meader.....Maureen Elliott

Barbara Sawtelle

Irene Craig

Anna Holbert

Irene Daika

Connie Malis

Evelyn Tweed

Janice Johnson

Joan Norris

Sue Creech

Barbara Rasmeezan

Mary Deame

Janet Merchant

**ART MATTERS**

EDGAR DEGAS

FRIDAY, DECEMBER 12, 2014

At 1:00 PM, fee \$2.00

Known as the “Great Bear” of Paris, Edgar Degas was witty, urbane, chauvinistic, and misogynistic. He was an aristocrat who detested aristocrats, especially female aristocrats. He became known for painting ballerinas, “those little rats”. But also known for the use of dramatic diagonals, dynamic, off-centered compositions, and for elevating the humble pastel into the realm of fine art. His many contributions to the revolution that would be called Impressionism would help to change the art world forever.

**WALNUT HILL  
GARDEN CLUB  
HOLIDAY****CENTERPIECE****FRIDAY, DECEMBER 12, 2014****at 9:30AM, fee \$5.00**

Walnut Hill Garden Club volunteers have generously offered to continue the popular evergreen work-shop. This is a hands-on evergreen centerpiece. The class fills up quickly. Be sure to come in and register and pay. Seating is limited.

**NO PHONE CALLS!****ART DECO WITH SHARON BRAKE****JOY! Ornament**

Tuesday, December 8, 1:00 pm, \$5.00

Seating is limited. Please sign up.

Paint on glass

**FYI****INCLEMENT WEATHER POLICY  
SNOW EMERGENCY**

The following is the snow Emergency procedure: Please listen to local radio/TV stations for public school closings. If Hanover schools are closed due to inclement weather, the Council on aging is closed for programs.

**YOU'RE INVITED'  
TO A  
HOLIDAY TEA!****Monday****December 15, 2014****1:00 PM****\$3.00****A VICTORIAN TEA**

with

Warm gingerbread and whipped cream

Presented by

Donna &amp; Ron Lasko

Reservations are necessary

Victorian Society embraced the 10,000 year history of the holiday season and blended the traditions of both mankind and religion into the customs that continue. Through Donna and Ron Lasko's educational entertainment approach you will discover how to put more fun, joy, hope and peace into your holiday by understanding the meanings behind what we do and why we do them. The Lasko's will exhibit a wide variety of holiday symbols, advent calendars, antique Christmas cards and collectible accessories in telling this amazing story. The knowledge gained will encourage and help you to find and create new ways to extend and enjoy your Christmas Season.



## **SURVIVING THE HOLIDAYS THOUGHTS ON COPING**

There is no right or wrong way to handle the day. Some may wish to follow family traditions, while others may choose to change.

Focus your celebrations on winter: go to a mountain lodge; go sledding or skiing, or just take a walk in the woods--time out to enjoy what nature has to offer in this season.

Include the deceased in your conversations and celebrations. Hang a stocking for your loved one in which people can put notes with their thoughts or feelings. Look at photographs. Once others realize that you are comfortable talking about your loved one, they can relate stories that will add to your pleasant memories.

Keep in mind the feelings of your children or family members. Try to make the holiday season as joyous as possible for them.

Plan to be with the people YOU enjoy.

Do something for others: volunteer at a soup kitchen; visit the lonely and shut-ins; ask someone who is alone to share the day with your family; provide help for a needy family; volunteer at the airport to pour coffee for stranded travelers; or offer to volunteer in a hospital on the holiday; if your city has a Ronald McDonald House, see if you can help make their holiday happier.

Don't be afraid to express your feelings. Allow people to comfort you. They need to feel they are helping in some way.

Remember, anticipation of any holiday is so much worse than the actual holiday. Donate a gift or money in your loved one's name.

Try to get enough rest.

from \*Bereavement & Loss Resources\* November / December 1993

Bereavement sessions are scheduled on Thursday at 2:00 pm. Joan Port-Farwell facilitates the group and welcomes all that need support.

## **VETERAN'S NEWS**

### **December, 2014**

National Grid has recently announced a 37% electric rate increase starting this November. This is due to higher energy supply costs. You can also anticipate rate increases for natural gas as supplies are tight. To plan ahead, you can sign up for a payment plan and you may be eligible for payment assistance based on income. Call National Grid customer service for electric: 800-322-3223 and for gas: 800-732-3400.

Flag etiquette:

Passing, raising or lowering the flag: Veterans may salute the flag in or out of uniform.

During the National Anthem: Veterans may salute the flag.

During the Pledge of Allegiance: Veterans may place their hand over their heart.

Wearing Military Decorations:

May wear decorations on only clean, serviceable garments at suitable situations, i.e., patriotic holidays, funerals, weddings or govt. functions.

If you fit into your uniform, you may wear your decorations. Do not mix and match new with old uniform items.

You ribbons and medals must be in good condition with no stains or frays. They also must be displayed in the proper sequence.

If you have questions about your Veterans' benefits, call your local Veterans' Service Officer for Hanover, Mike Thorp, located at town hall, 781-829-0968.

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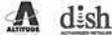
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508-584-1561 TTY 508-587-0280 [www.oldcolonyelderservices.org](http://www.oldcolonyelderservices.org)

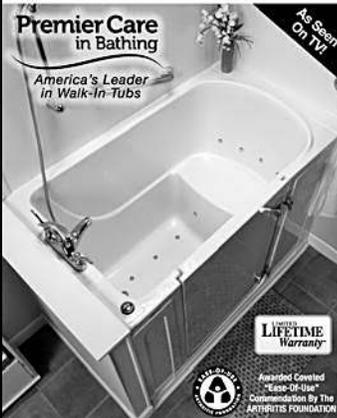
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## THIS SPACE AVAILABLE



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*Elder Services Director*

Nancy Lester,  
*Administrative Assistant/  
Client Services Coordinator*

Katie O'Brien  
*Transportation/Volunteer  
Coordinator  
Mobile Outreach*

Dawn Rivers,  
*Nutrition Manager,*  
Janet Kirby  
*Kitchen Aide*

George  
*Transportation Coordinator  
Van Driver*  
Jim, *Van Driver*

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Richard Farwell  
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*Treasurer*

Eleanor Kimball  
James Gallant  
Roger Leslie

**Hanover Council on Aging**  
**665 Center Street**  
**Hanover, MA 02339**

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Judi Barca

Margaret Rooney

Doreen Giordani

**FRIENDS OF THE  
HANOVER COUNCIL ON AGING**

**Please make checks payable to Friends of Hanover COA and mail to:**  
Hanover Council on Aging, 665 Center St., Hanover, MA 02339.

I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2015

**PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Membership: \_\_\_\_\_

Additional Contribution: \_\_\_\_\_

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

Send acknowledgement to: \_\_\_\_\_