A PUBLICATION OF THE HANOVER COUNCIL ON AGING

665 Center Street • Hanover MA 02339 • Telephone (781) 924-1913 • coa@hanover-ma.gov

HANOVER HAPPENINGS

JANUARY / FEBRUARY, 2016

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.

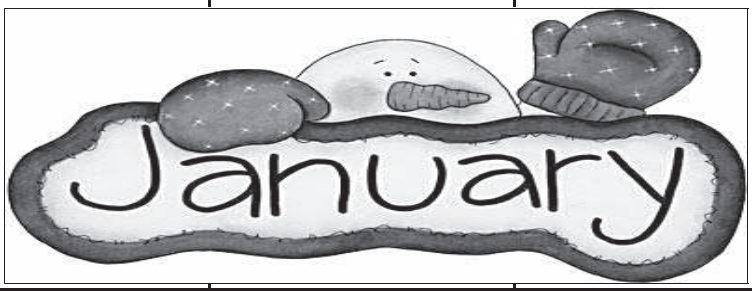
The Mailing of this newsletter is supported in part by the Executive Office of Elder Affairs

January and February Message From The Director

Author, Paul Theroux has said: ***"Winter is a season of recovery and preparation"*** and so it is at the Hanover Senior Center. The promise of renewal, good health and a joyful heart can be found here.

Like snowflakes we are all unique. At the center, we celebrate individuality and diversity . Here you can renew your spirit . This year, why not decide to decide to clear your mind and heart of the things that weigh on you. Think of yourself first . Knowing as many seniors as I do , I recognize how difficult that can be. Try to create a personal 2016 mission statement instead of a resolution and say " The year 2016 is going to be my year to fill with inspiration, adventure, wellness and happiness". Say it often, mean what you say and believe it will be so!

Wishing you all a blessed and rewarding year! *Robyn*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 **New Year's Day** **Center Closed**
4 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 1:00 MAH JONG **PM SHOPPING SHAWS-CUSHING & OTHERS**	**5** 9:30 MORNING OUT 1:00 WATERCOLOR 1:00 Tai Chi **PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS**	**6** 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 BINGO/POKER	**7** 10:00 BOWLING 10:00 EXERCISE W/CHRIS 11:45 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT **PM MALL SHOPPING**	**8** 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX **PM SHOPPING-SHAWS LEGION & BARSTOW**
11 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:00 FINANCIAL ORGANIZATION 11:30 STRETCH & RELAX 1:00 MAH JONG **PM SHOPPING SHAWS-CUSHING & OTHERS**	**12** 9-12 BEAUTY SALON (By Appt) 9-12 SHINE (By Appt) 9:30 MORNING OUT 11:45 OLD COLONY SPECIAL LUNCH 1:00 TAI CHI **PM SHOPPING KOHLS/STOP & SHOP**	**13** 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 BINGO/POKER	**14** 10:00 BOWLING 10:00 EXERCISE W/CHRIS 10:00 ASK A LAWYER 10:00 BOOK CLUB 11:45 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT **PM MALL SHOPPING**	**15** 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 11:00-12:30 REP DECOSTE **PM SHOPPING-SHAWS LEGION & BARSTOW**
18 **Martin Luther King Jr. Day** **Center Closed**	**19** 9:00 BLOOD GLUCOSE 9:30 MENS DISCUSSION 9:30 MORNING OUT 1:00 TAI CHI 1:00 WATERCOLOR 1:00 COLORING **PM SHOPPING STAR/MARSHALLS MARSHFIELD**	**20** 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 BINGO/POKER	**21** 10:00 BOWLING 10:00 EXERCISE W/CHRIS 11:45 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT **PM MALL SHOPPING**	**22** 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX **PM SHOPPING-SHAWS LEGION & BARSTOW**
25 8:30 YOGA 9:30 BLOOD PRESSURE 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 1:00 MAH JONG **1;00 HYPNOSIS** **PM SHOPPING SHAWS-CUSHING & OTHERS**	**26** 9-12 SHINE (By Appt) 9:30 MORNING OUT **11:00 PATRICK KELLEHER** **12:00 SOUP AND SURVEY** 1:00 TAI CHI **PM SHOPPING MARKET BASKET**	**27** 9:30 YOGA 11;00 STRENGTH TRAINING 1:00 BINGO/POKER	**28** 10:00 BOWLING 10:00 EXERCISE W/CHRIS 11:45 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT **PM MALL SHOPPING**	**29** 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX **PM SHOPPING-SHAWS LEGION & BARSTOW**

All the seniors in town are reading this newsletter.

Do they know who YOU are?

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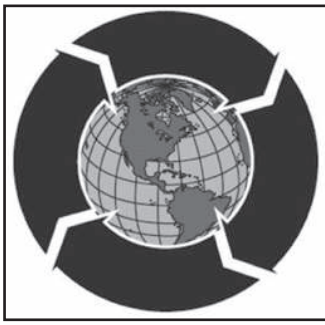
800-888-4574



Be World Conscious Recycle!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX **1:00 HYPNOSIS** 1:00 MAH JONG **PM SHOPPING CUSHING & OTHERS**	**2** 9:30 MORNING OUT 1:00 WATERCOLOR 1:00 TAI CHI **PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS**	**3** 9:30 YOGA 11 STRENGTH TRAIN 1:00 BINGO/POKER	**4** 10:00 BOWLING 10:00 EXERCISE W/CHRIS 11:45 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT **PM MALL SHOPPING**	**5** 8:30 ACUPUNCTURE (By Appt) 9-12 FOOT CLIINIC (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX **11:00-12:30 REP. DECOSTE** **PM SHOPPING-SHAWS LEGION & BARSTOW**
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15 **President's Day** **Center Closed**	**16** 9:00 BLOOD GLUCOSE 9:30 MENS DISCUSSION 9:30 MORNING OUT 1:00 TAI CHI 1:00 WATERCOLOR 1:00 COLORING **PM SHOPPING STAR/MARSHALLS MARSHFIELD**	**17** 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 BINGO/POKER	**18** 10:00 BOWLING 10;00 EXERCISE W/CHRIS 11:45 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2;00 BEREAVEMENT **PM MALL SHOPPING**	**19** 8:30 ACUPUNCTURE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 11:00-12:30 REP DECOSTE **PM SHOPPING-SHAWS LEGION & BARSTOW**
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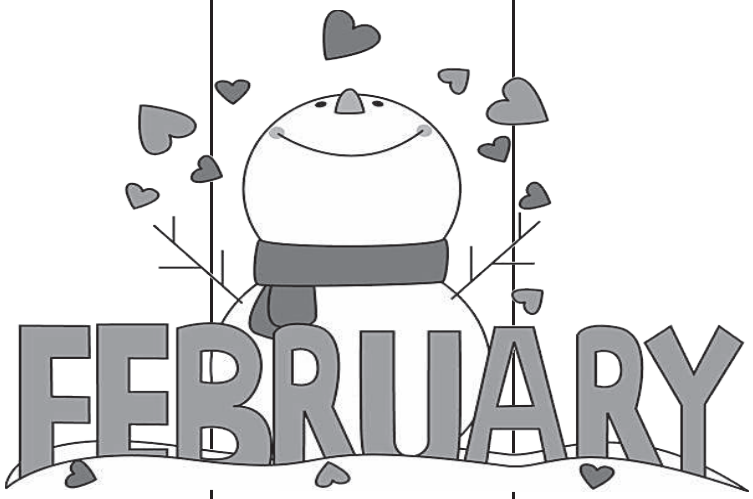
29 8:30 YOGA 9:30 CRIBBAGE 9:30 BLOOD PRESSURE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 1:00 MAH JONG **PM SHOPPING SHAWS-CUSHING & OTHERS**				

JANUARY ACTIVITIES
FINANCIAL ORGANIZATION

Monday, January 11, 2016 at 11:00 am

Join Joshua Singer of Edward Jones Investments, Adam Ferguson, of MacCarthy Ferguson CPA and Frank Maclean . Learn about all the aspects of a personal financial plan and what documents are important to keep. Refreshments will be served. Please call to reserve your space.

PATRICK KELLEHER

Tuesday, January 26, 2016 at 11:00 am Free

Patrick J Kelleher, Esq. is a premier Massachusetts Estate Planning Attorney in Hanover. Patrick leads the firm providing each client with the peace of mind knowing that their lifetime of hard work is protected. Patrick conducts these workshops to educate people on the opportunities available and hazards to avoid when considering what unique strategy is best for them and their family. Come and join in a question and answer opportunity. Please call to reserve your space.

SOUPS ON

Offered by the Hanover Lions Club Tuesday, January 26, 2016 at 12:00, fee $5.00 Clam Chowder, coffee and dessert offered by the Hanover Lions Club. Come and join in supporting a wonderful organization that gives back to our community. Reserve and pay by Wednesday, January 13.

Be sure to fill out the survey on that day as well..More information on page 6.

WEIGHT REMOVAL THROUGH HYPNOSIS

3 Mandatory sessions Beginning Monday , January 25, Monday, February 1, and Monday, February 22 at 1:00 pm. Relax and remove weight loss with ease. Each time you are hypnotized, the suggestions become stronger. Eliminate procrastination, take the edge off your dieting process and create a new, easier way to focus and melt the pounds away.

Payment of $18.00 is due for all 3 sessions upon reservation. Seating is limited. **Open to Hanover residents first.**

MOVIES

Friday, January 15 at 1:00

MR HOLMES, Long-retired and near the end of his life, Sherlock Holmes (Ian McKellen) grapples with an unreliable memory and must rely on his housekeeper's son as he revisits the still-unsolved case that led to his retirement

FEBRUARY ACTIVITIES
ART MATTERS

Friday, February 12, 2016

Impressionism changed the art world forever. Cassatt and Degas influenced the times almost as much as they affected each other. Join us for a look at their mirrored careers, their relationship with each other and the times in which they lived.

An American woman and a French Chauvinist, as unlikely a pair as any you can find, were friends and some say lovers, at the very heart of a radical revolution in art.

SOUPS ON

,Offered by the Hanover Lions Club

Tuesday, February 23, 2016 at 12:00, $5.00

Tomato Basil soup, coffee and dessert. Come and join in supporting a wonderful organization that gives back to our community. Reserve and pay by February 17.

WINTER TEA

Monday, February 28,2016

1:00PM, fee $5.00

By now we all could use a good laugh. Join us for a Winter Tea to beat the doldrums! Delveena Theater presents:

THE FUNNIEST WOMAN EVER!

The performance is two-person show centering around the inspiring, hilarious Totie Fields, a woman that Ed Sullivan and Merv Griffin called "The Funniest Woman EVER". “Totie” will perform some of her funniest stand-up comedy routines along with singing, joking about shopping, food, her husband and adult children and will interact joyfully with her audience. A fun time for all!

VOLUNTEERS NEEDED: SENIOR CENTER GARDEN CLUB THINK SPRING!

The purpose of the new Hanover Senior Center Garden Club is to help maintain and beautify the Senior Center grounds. Heavy work will be done by employees. The club would offer suggestions as to how to maintain patio perimeter, butterfly garden, containers and area behind the new back stone wall . We need fresh new and creative ideas. Interested? Please join us for our first meeting on Monday, January 11, 2016 at 2:00 PM. Call 781– 924-1913 to sign up.

FRIENDS OF HANOVER C.O.A.
2016 ANNUAL MEMBERSHIP APPEAL

It's time to renew your membership for Friends of the Hanover COA
Without your participation and dues support, the Friends could not fulfill its commitment to helping the Senior Center in shaping the important programs and activities offered to you.
Your participation and dues support make these and other valuable services possible.
This past year (with your help) the Friends helped subsidize a variety of programs including: wellness exercise classes, educational presentations and social events. In 2015, we also purchased a new computer tracking system and client recognition program as well as upgrading the technology with our sound system with a large screen adaptor. All proceeds go to programs, activities, and necessary items as well as giving a helping hand to seniors in dire need.
Thank you for your membership. Your contribution is important and very much appreciated.
Sincerely,
Dorothy Quinn, President, and Board members of Friends of Hanover COA.

NEW AND RENEWED MEMBERS NAMES WILL BE LISTED IN OUR MARCH NEWSLETTER.
DONATIONS WILL BE ACKNOWLEDGED AS WELL.

FRIENDS OF HANOVER C.O.A. UPCOMING TRIPS

Foxwoods Casino April 19, 2016, $26.00
Cape Cod Luncheon Train, Hyannis , MA, May 25, 2016, $89.00
Flyers with information may be found at the senior center or call: Dot Quinn at 781-829-4241

2015 TAX PREPARATION

Joseph Benson returns to the Hanover Senior Center to offer tax preparation.
Call the center at 781-924-1913. Appointments begin Wednesday, January 27 at 8:15.
New fees are in effect. The Hanover Senior Center is not responsible

INCLEMENT WEATHER POLICY

The following is the snow/emergency procedure: Please listen to the local radio/television stations for public school closings. If Hanover schools are closed due to inclement weather, the Council on Aging is closed for programs and there is no transportation.

OLD COLONY SPECIAL LUNCHES

January 12 and February 9 at 11:45AM
The menu for January 12 is Roast Turkey and February 9, Stuffed Chicken Breast will be served. Sign up and pay by January 6 and February 3. The cost is only $2.50.

PLEASE

ENTER ON LINE

OR

PICK UP SURVEY

AT THE SENIOR CENTER

AND

ENTER TO WIN RAFFLE

In order for the Hanover Council on Aging to effectively determine the needs of its Seniors, we are conducting a survey. Your response to this survey is crucial in providing the necessary information to formulate programming and participation in upcoming years. Every answer is important. Your opinion does matter to us. Your response will continue to make the Hanover Senior Center an enjoyable and essential place.

To complete on line - **http://www.hanover-ma.gov/council-on-aging-0**

You can also pick up a survey at the Center on January 26

Plan on staying for a soup luncheon and fill out your survey then.

After returning survey, your name will be entered to win a chance to win $50.00!

Veterans' News, January/February, 2016

The Department of Veterans Affairs (VA) said that its disability claims backlog has fallen below 100,000 for the first time in over two years.

The backlog includes the oldest unresolved claims-those that are 125 days old or older. This is a reduction of 84% since 2013.

This backlog reduction is a fraction of the overall pending disability and pension claims, which have decreased to about 363,000 from over 800,000 three years ago.

The VA has struggled in recent years to handle a massive influx of claims from aging Vietnam Vets and those who returned from the wars in Iraq and Afghanistan. The VA has come under increased criticism due to the backlog that has kept service members from obtaining benefits.

However, claim appeals and decisions on benefits for dependent spouses and children often languish because of the effort put forth on reducing the disability claims. Claim appeals are now near 300,000. a 25% increase in two years.

Locally, the VA claims submitted to Boston for review and consideration are taking on average 4 months to complete/

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

Winter time Change—Thursday Tai Chi will start at 11:45AM instead of 11:30AM to give Kathy Dunn more time to deal with icy roads. A special thank you to all who donated on giving Tuesday. Your generous ggifts were distributed to Hanover residents in need.

Thank you for products—Shirley Beers, Paul & Virginia Zemotel, Stan & Debbie Katsikis, Mrs. Wayne Rockney

Afternoon shopping change—The fourth Tuesday of the month, the van will go to Market Basket.———

REPRESENTATIVE DAVID DECOSTE

State Representative David DeCoste will hold office hours at the Hanover Senior Center 11:00 to 12:30 P.M. the first and last Friday of each month.

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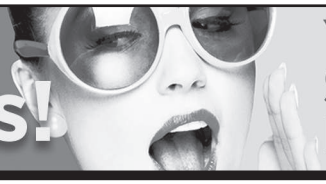

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Please make checks payable to Friends of Hanover COA and mail to:
Hanover Council on Aging, 665 Center St., Hanover, MA 02339.
I would like to become a Friend of the Council on Aging.
Enclosed are my dues of $5 per person for 2016

Name: _____

Address: _____

Additional Contribution: _____

I would like to make a donation to the Friends of the Council on Aging:

In Memory of: _____

In Honor of: _____

Send acknowledgement of: _____

2016 membership names will appear in our March newsletter.