A PUBLICATION OF THE HANOVER COUNCIL ON AGING

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

HANOVER HAPPENINGS

JULY/AUGUST 2015

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

July and August Message From The Director

Frequently, we here at the Hanover Senior Center experience many acts of kindness. Volunteers give selflessly everyday. It is more unusual to experience kindness outside in the busy world. Recently, van driver, Teresa Slight returned from taking Seniors on a shopping trip. She could not wait to get back to the Center to share this story.

Ninety two year old, Rose Espejo had just left Shaw's to return to the van when Teresa noticed that she was crying. Concerned, Teresa asked Rose if she was all right. Rose responded that she was just so overwhelmed by what happened in the store, that she could not hold back her tears.

While in line, a little girl began to help Rose empty her cart. The little girl's parents joined in. When it came time to pay her bill, the cashier informed Rose that her order was paid for. Rose calls it a "miracle'. She regretted that she did not get to say thank you. But that is what "paying it forward" is all about. That is, ordinary people filled with what Shakespeare calls "The milk of human kindness."

Right here in Hanover, care, compassion, and selfless acts of kindness can be found, in our own back-yard!

It only takes one person to do something good for someone else to begin the cycle of generosity and kindness to get the spark ignited.

Happy Summer!

A SIMPLE ACT OF KINDNESS... CAN LEAVE A HEARTPRINT THAT LASTS A LIFETIME

BE SURE TO ATTEND THE SUMMER CONCERTS.
THERE WILL BE TWO WONDERFUL SHOWS!

REMEMBER ALL EXERCISE CLASSES ARE FREE IN JULY & AUGUST, TRY SOMETHING NEW!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4th of July		**1** 9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 BINGO/POKER	**2** 10:00 BOWLING 11:30 TAI CHI 12:00 LUNCH 1:00 ZUMBA 1:00 BRIDGE PM **MALL SHOPPING**	**3** **CENTER CLOSED FOR JULY 4 HOLIDAY**
6 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG **PM SHOPPING SHAWS-CUSHING & OTHERS**	**7** 9:30 MORNING OUT 12:00 LUNCH 1:00 WATERCOLOR **PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS**	**8** 9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 BINGO/POKER **PM SHOPPING DERBY STREET**	**9** 10:00 BOWLING 10:00 ASK A LAWYER 11:30 TAI CHI 12:00 LUNCH 1:00 ZUMBA **1:00 GATRA PHOTOS** 1:00 BRIDGE **PM MALL SHOPPING**	**10** 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX **11:30 HOT DOG LUNCH** 1:00 ART MATTERS **PM SHOPPING-SHAWS LEGION & BARSTOW**
13 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG **PM SHOPPING SHAWS-CUSHING & OTHERS**	**14** 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**	**15** 9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 BINGO/POKER	**16** 10:00 BOWLING 11:30 TAI CHI 12:00 LUNCH 12:30 GARDEN CLUB 1:00 BRIDGE **PM MALL SHOPPING**	**17** 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MOVIE **PM SHOPPING-SHAWS LEGION & BARSTOW**
20 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG **PM SHOPPING SHAWS-CUSHING & OTHERS**	**21** 9:00 BLOOD GLUCOSE 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI 1:00 WATERCOLOR **PM SHOPPING STAR/MARSHALLS MARSHFIELD**	**22** 9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 BINGO/POKER **PM SHOPPING DEBRY STREET**	**23** 10:00 BOWLING 11:30 TAI CHI 12:00 LUNCH 1:00 ZUMBA 1:00 BRIDGE **PM MALL SHOPPING**	**24** 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH **PM SHOPPING-SHAWS LEGION & BARSTOW**
27 8:30 YOGA 9:30 BLOOD PRESSURE 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG **PM SHOPPING SHAWS-CUSHING & OTHERS**	**28** 9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI **PM SHOPPING HANNAFORD**	**29** 9:30 YOGA 11;00 STRENGTH TRAINING 12:00 LUNCH 1:00 BINGO/POKER	**30** 10:00 BOWLING 11:30 TAI CHI 12:00 LUNCH 1:00 ZUMBA 1:00 BRIDGE **PM MALL SHOPPING**	**31** 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH **1:00 PLYMOUTH SHERRIFF'S DEPARTMENT AND ICE CREAM** **PM SHOPPING-SHAWS LEGION & BARSTOW**

All the seniors in town are reading this newsletter.

Do they know who YOU are?

Call to place an ad today

800-888-4574

Be World Conscious Recycle!

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Be World Conscious Recycle!

JULY ACTIVITIES

HOT DOG LUNCH
Friday July 10, 2015 at **11:30 AM,** fee $5.00
Hot Dog in a roll, baked beans, coleslaw and ice tea
Catered by Hanover Lions Club. Come in and sign up by July 6.

ART MATTERS
Friday, July 10, 2015 at 1PM, fee $2.00
Spanish Masters
Master painters El Greco, Diego Velazquez and Francisco Goya recorded far more than the flavor of Spanish life and history. The wealthiest and most powerful country in Europe was also the most repressed. Join us for a look into almost 300 years of Spanish art and culture.

OCES LUNCH
Tuesday, July 14, 2015, 11:45 AM, $2.50
This month's meal is "build a burger"—have it your way! Come in and sign up by July 8.

GATRA PHOTO ID'S
Thursday, July 9 at 1:00 PM
Seniors and people with disabilities are able to obtain a half fare picture ID card as well as an MBTA "Charlie Card" (for ½ fare use on Boston subways, buses and commuter rail). Get your picture taken here at the Hanover COA so that you can take advantage of these special fares.
Also, information on all transportation options in the area: bus routes, Dial-a-Ride as well as long distance medical transportation material will be available.

MOVIES ARE BACK!
Friday July 17, 2015 at 1:00
Unbroken
After a near-fatal plane crash in WWII, Olympian Louis Zamperini spends a harrowing 47 days in a raft with two fellow crewmen before he's caught by the Japanese navy and sent to a prisoner-of-war camp.

PLYMOUTH COUNTY SHERIFF'S DEPARTMENT
Friday, July 31, 2015 at 1:00 PM
Enjoy a free ice cream while learning how to keep yourself safe from identity theft and scams.
RSVP 781-924-1913 by July 25.

New shopping destination in July
We are always looking for new places to take our van passengers. This month on Wednesdays, July 8 and 22 the van will be going to Derby Street for shopping. Call 781-924-1913 to reserve your spot.

AUGUST ACTIVITIES

HAMBURGER LUNCH
Friday, August 7, 2015 at **11:30 AM**, fee $5.00
Hamburger, potato salad, chips and ice tea.
Catered by the Hanover Lions Club. Come in and sign up by August 3.

OCES LUNCH
Tuesday**,** August 11 at 11:45 AM, $2.50
Enjoy baked chicken with potatoes, beans and a brownie for dessert. Sign up by August 5.

ART MATTERS
Friday, August 14 at 1PM, fee $2.00

Winslow Homer
He got his start by illustrating scenes from the Civil War for Harper's Magazine. He documented post war, rural Americana and later dramatically explored man's relationship to nature. He was one of the greatest watercolor painters and was profoundly influential. Join us for an up-close look at the work of one of America's most beloved painters.

MOVIE
Friday, August 21, 2015, 1:00

ELSA AND FRED
is the story of two people who, at the end of the road, discover that it's never too late to love.

MATTER OF BALANCE COMING IN SEPTEMBER Mondays from 1-3 PM
Limited openings, sign up begins August 17 and classes begin Monday, September 14 for 8 weeks.

REPRESENTATIVE DAVID DECOSTE
State Representative David F. Decoste will be holding office hours at the Town of Hanover Senior Center on the first and third Friday of the month beginning July 17 at 11:30 to 1:00 and August 7 and August 21, same time. Legislative Counsel to Representative DeCoste will be here to answer any questions.

GARDENING IS MURDER
Writer and humorist Neal Sanders will speak on gardening and gardeners on Thursday, July 16 at 12:30 at the Hanover Senior Center, sponsored by the Hanover Garden Club . Neal writes murder mysteries with horticultural twists. He and his wife maintain a 2-acre garden in Medfield that has been part of the Garden Conservancy's Open Days program. Please call 781 924-1913 to sign up for this enjoyable presentation. Refreshments will follow.

2015 Summer Concert Series

at the
Hanover Senior Center
665 Center St, Hanover, MA

DON'T MISS OUT ON THESE 2 GREAT CONCERTS

Two Sunday evenings during July and August, the
Hanover Senior Center will host a fun family-oriented concert series! Admission is free! Concerts begin at 6:00PM, doors open at 5:00PM

JULY, 26, 2015
DIVAS WITH A TWIST

Divas with a Twist is a unique musical group which performs all different genres of music, based out of Boston, MA. With five powerhouse female vocalists, backed by Grammy nominated musicians, Divas with a Twist is not your average cover band! This show puts a twist on original cover songs adding dynamic harmonies and fresh new arrangements. With 5 lead vocalists in combination with musicians who bring originality and a high powered sound, they are sure to captivate an audience!

AUGUST 30, 2015
LAURA JAMES

Whether seated or standing before an audience, Laura James' approach to music is pure passion. This passion started in Plymouth, Massachusetts where she grew up listening to The Supremes, The Drifters, Etta James and especially, The Platters. Her big break in music came in the early 1990s while performing in Quincy, Massachusetts when Herb Reed and The Platters crew heard her singing Natalie Cole's "Unforgettable." That chance encounter led to a tour with the band, performing throughout the United States. She finished her tour with The Platters in 1994 and struck out on her own. She now performs all over Massachusetts.

SNACKS, ICE CREAM, RAFFLE!

NEW AND RENEWED FRIENDS

Bob and Nora Hutchings, Paul &Barbara Januszewski, Carmella Cooley, John & Sandra Calderwood, Tom & Delores MacKenzie, Al & Joan Kuhn, Marie Mullen, Janet Tozier, Ken & Lilly McKeeman, Darlene Lambert, Pamela McInnes, Correanne Caye, Joan DuBois, Stephen & Delores Johnson, Irene Karstunen, Beverly Colton, Mary Ellen Sullivan, Antoinette Caccavo, Judy & Bob Blodgett, Alfred & Joan Wood, Regina Campbell, Marilyn Mattie, Rose Espejo, Joe & Margaret Zemotel, Ann Savage, Michael & Mary Corrente, MaryAnne Aylesworth, Emma Alpert, June Lane, Barbara Carroll, Janet Phenix, Joanne Dirk, Claire Urbanowicz, Marlene Cobb

IN MEMORY OF

Francis Cooley Sr. by Carmella Cooley
Alfreda Gifford by Diane Snyder
Eleanor Teebaggy by Janet Tozier
Charles DuBois by Joan DuBois
Charles DuBois by Judy & Bob Blodgett
Robert Mattie by Marilyn Mattie
Jeanette by Rose Espejo
Frank Carroll by Barbara Carroll

THANK YOU FOR PRODUCT DONATIONS and ADDITIONAL CONTRIBUTIONS!

Bob & Nora Hutchings, Carmella Cooley, Diane Snyder, Tom & Delores MacKenzie, Al & Joan Kuhn, Janet Tozier, Coreanne Caye, Joan DuBois, Abington Knights of Columbus Bingo, Judy & Bob Blodgett, Marilyn Mattie, Rose Espejo, Eileen Zadorian, Linda Ducharme, Patrick Kelleher, Hanover Day's Committee, John Thomson, Jim Fitzpatrick, Marilyn DeBoer

LAKE WINNIPESAUKEE TURKEY DINNER TRAIN

October 14, 2015, $79.99
Full payment due on or before September 11, 2015
Fully Escorted Tour Package includes:
Transportation, Scenic Foliage Drive, Roast Turkey Prepared by Hart's Turkey Farm served on the train
2 hour scenic Train Ride, Farm Stand Visit For Apples

FOXWOODS TRIP

September 26, 2015, $26.00
Contact :Dot Quinn for both trips and more information at : 781-924-1913

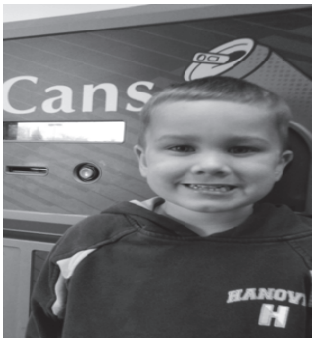
Veterans' News
July, 2015

The Department of Veterans Affairs (VA) is updating the way it determines eligibility for VA health care, a change that will result in more Veterans having access to the health care benefits they've earned and deserve.

Most Veterans who do not receive a VA disability or pension payment or have a VA special eligibility, must complete a financial assessment when applying for enrollment to determine their eligibility. Effective 2015, VA eliminated the use of net worth as a determining factor for both health care programs and co-payment responsibilities. This change makes VA health care benefits more accessible.

VA will now only consider a Veteran's gross household income and deductible expenses from the previous year. Also, in March 2014, the VA eliminated the annual requirement for updated financial information. The VA now uses information from the IRS and Social Security to determine income.

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



OUR YOUNGEST VOLUNTEER

Sue Gosnell's 5 year old grandson, Quinn Sullivan is our youngest volunteer. Quinn and his Grammy pick up our recycled cans and turn them in for money. Just last week, Quinn collected a whole $1.00 and gave us the money! Thank you, Quinn.

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Nutrition Manager

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Kitchen aide

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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 2015

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: _____