

## A PUBLICATION OF THE HANOVER COUNCIL ON AGING

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

# HANOVER HAPPENINGS

MAY, 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*

## MAY'S MESSAGE FROM THE DIRECTOR

Finally it's May. All is well and lush with new possibilities! Who could possibly complain about anything? This month we begin a "Mindfulness" campaign, beginning with becoming complaint-free. It is an idea started by Will Bowen who encouraged his congregation to develop a new habit of not complaining. It takes 21 days to form a new habit. So, for 21 days can you commit to not complain?

Stop by the Senior Center and receive your special bracelet to help achieve your goal. The bracelet is a tool that monitors how often you complain and helps you track your progress toward becoming Complaint Free. Simply put the bracelet on either wrist and every time you complain switch it to the other wrist. The goal is to go 21 consecutive days without complaining or switching the bracelets.

Millions of people around the world have used this simple tool to transform their lives and improve their health, their relationships and significantly increase their happiness.

"Showing gratitude is a great way to stop complaining. And becoming conscious of how often you do is the first step to stopping." (Paige Burke)

You can begin your new journey starting at the Senior Center. With all that the Senior Center has to offer, it's warm and friendly staff and the time and attention offered for your well-being, I can't imagine anyone complaining. Can you? Ready to go with the flow? "Anything is possible in May." (Edwin Way Teale, Naturalist, Author)

*Robyn*

*THE HAPPIEST PEOPLE DON'T HAVE THE BEST OF EVERYTHING,*

*THEY JUST MAKE THE BEST OF EVERYTHING.*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Don't Forget Mother's Day</i> <i>May 10, 2015</i></p>				<p>8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH</p> <p><b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b></p>
<p>4</p> <p>8:30 YOGA 9:30 BLOOD PRESSURE 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH 1:00 MAH JONG <b>PM SHOPPING SHAW'S-CUSHING &amp; OTHERS</b></p>	<p>5</p> <p>9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI 1:00 MAH JONG 1:00 WATERCOLOR</p> <p><b>PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS</b></p>	<p>6</p> <p>9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 POKER/BINGO</p> <p><b>PM SHOPPING TARGET/HANOVER COMMONS</b></p>	<p>7</p> <p>10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT</p> <p><b>PM SHOPPING HANOVER MALL</b></p>	<p>8</p> <p><b>DIVERSITY PROGRAM</b></p> <p><b>NO OTHER ACTIVITIES</b></p>
<p>11</p> <p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH <b>1:00 TEA WITH LIZZIE BORDEN</b> 1:00 MAH JONG</p> <p><b>PM SHOPPING SHAW'S-CUSHING &amp; OTHERS</b></p>	<p>12</p> <p>9-12 BEAUTY SALON 9-12 SHINE (By appt) 9:30 MORNING OUT <b>12:00 SPECIAL OLD COLONY LUNCH</b> 1:00 TAI CHI 1:00 MAH JONG</p> <p><b>PM SHOPPING KOHLS/STOP &amp; SHOP</b></p>	<p>13</p> <p>9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 POKER/BINGO</p> <p><b>PM SHOPPING TARGET/ HANOVER COMMONS</b></p>	<p>14</p> <p>10:00 BOWLING 10:00 EXERCISE W/ CHRIS 10:00 ASK A LAWYER 10:00 BOOK CLUB 11:30 TAI CHI 12:00 LUNCH <b>12:30 MOBILE SENIOR CENTER AT BARSTOW</b> 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT <b>PM SHOPPING HANOVER MALL</b></p>	<p>15</p> <p>8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH 1:00 ART MATTERS</p> <p><b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b></p>
<p>18</p> <p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH 1:00 MAH JONG <b>1:00 HEARING TESTS</b></p> <p><b>PM SHOPPING SHAW'S-CUSHING &amp; OTHERS</b></p>	<p>19</p> <p>9:00 BLOOD SUGAR TEST 9:30 MORNING OUT 9:30 MENS DISCUSSION 12:00 LUNCH 1:00 TAI CHI 1:00 MAH JONG 1:00 WATERCOLOR</p> <p><b>PM SHOPPING STAR/MARSHALLS MARSHFIELD</b></p>	<p>20</p> <p>9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 POKER <b>1:00 GARDENING FOR BIRDS</b></p> <p><b>NO BINGO</b></p> <p><b>PM SHOPPING TARGET/ HANOVER COMMONS</b></p>	<p>21</p> <p>10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA <b>1:00 PATRIOTIC WREATH</b> 2:00 BEREAVEMENT</p> <p><b>PM SHOPPING HANOVER MALL</b></p>	<p>22</p> <p>8:30 ACUPUNCTURE (By Appt) <b>9:30 WALNUT HILL</b> 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH <b>1:00 HISTORICAL SOCIETY</b></p> <p><b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b></p>
<p>25</p> <p><b>MEMORIAL DAY CENTER CLOSED</b></p>	<p>26</p> <p><b>10:00 MEMORIAL DAY BREAKFAST</b> 12:00 LUNCH 1:00 TAI CHI 1:00 MAH JONG</p> <p><b>PM SHOPPING HANNAFORD</b></p>	<p>27</p> <p>9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 POKER/BINGO</p> <p><b>PM SHOPPING TARGET/ HANOVER COMMONS</b></p>	<p>28</p> <p>CENTER CLOSED IN-SERVICE</p> <p><b>PM SHOPPING HANOVER MALL</b></p>	<p>29</p> <p>8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH</p> <p><b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b></p>

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

**Do they know who YOU are?**

*Call to place an ad today*

**800-732-8070**



**Be World Conscious Recycle!**

**TEA!****Monday, May 11, 2015 at 1:00PM****\$3.00****DELVENA THEATRE PRESENTS  
LIZZIE BORDEN AND THE 40 WHACKS**

On a scorching hot day in Fall River, back in August of 1892, a heinous crime occurred. Spinster Lizzie Borden was accused, tried, and acquitted for the vicious axe murders of her father and stepmother. This true unsolved mystery has fascinated people for over 100 years.

Lizzie continues to live on in American folklore. The performance includes a mock trial that invites the audience to participate by questioning Lizzie, and voting on her guilt or innocence.

This "edutainment" production features Lynne Moulton and Joseph Zamparelli in multiple roles depicting Lizzie's story and educating the audience members so that they may be informed "jurists". Did she or didn't she? Let the audience be the judge. Seating is limited. Reservations are necessary.

**OLD COLONY SPECIAL LUNCH****Tuesday, May 12 at noon**

Join us for brunch featuring omelets, French toast, fresh fruit and pastries. Only \$2.50 for this meal. Reservations are required, call by May 6.

**WELCOME BACK BINGO PLAYERS!**

After a long winter break, bingo is back on Wednesdays at 1PM. To celebrate the return of bingo, there will be a lunch of pizza and salad on May 6 at noon. It's our treat. Please call to reserve your place. Weekly raffles will continue.

**HEARING TESTS RETURNS**

On Monday, May 18, Patricia Wilbur of Affordable Hearing will offer free tests starting at 1PM. Call for an appointment

**GARDENING FOR BIRDS****Wednesday, May 20, 2015 at 1:00 PM**

Steve and Pam French, of Wild Birds Unlimited, Hanover, will be doing a presentation on "Gardening for Birds." Most birds love the natural seeds and berries that flowering plants and shrubs provide. You will discover many different plantings that offer these seeds and berries as the plants mature by the end of the summer and the fall seasons. Steve and Pam will also show which birds like which seeds or berries and what you can provide in your yard to attract these birds. Combine your love of birds with your love of gardening and see what the mixture will bring you! No fee, but please reserve so that we know how many people to plan for. Thank you.

**PATRIOTIC SUMMER DECO MESH WREATH  
WITH JOAN HERMAN**

Fee, \$7.00

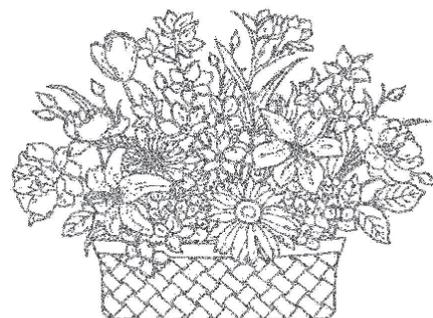
Limited class size . Sign up is necessary.

Thursday, May 21, 2015 at 1:00 PM

**WALNUT HILL GARDEN CLUB**

Friday, May 22, 2015 at 9:30 am, \$5.00

Limited class size. Sign up is necessary.



### **NEW & RENEWED FRIENDS**

Judy Murray, Maureen McMann Hosam Shemais, Charlotte Hanson, Linda Hickey, Mary McDermott, David Duff, Pat Carley, Jim & Sandy Tocchio, Judy Scannell, Elaine & Bill Spooner, Carole & Mike Reilly, William & Mary Elen Abdy, Shirley Cavanagh, Carole Downey, Al Graetzer, Evelyn & Carlton Tweed, Margaret Rooney, Jean Peacock, Jane Magee, Philip & Cynthia Woods, Charles Hilsdon, Paul & Diane Hickey, Janice Connolly, Dan & Anne Hession, Martha Richard, Donald & Catherine Virtue, Anne O'Connor, Mary Sides, Marjorie Bates, Theresa Dwyer, Gloria Cioffi, Joan Climo, Carol Catalano, Blanche Cleveland, John & Eileen Marshall, Marie Martucci, Barbara Feeley, Anne McIntyre, Bob & Jean Johnson, Edie Shanks, Janice Ohearn, Dorothy Gullickson, Dick & Dorothy Doyon, Melissa Anderson, Jean Hermitage, David & Susan Setterland, Bruce & Maureen MacDonald, Virginia DiSabatino, Gerard Finnerty, Ronald Remondini, Jim & Ellen Autio, Edward & Marilyn Hickey, Claire Quinlan, Sandra Long, Debbie & Bill McDonough, Mike & Carol Molonngoski, Marian Sears, Eleanor Nawazelski, Diane D'Allessandro

### **IN MEMORY OF**

Joseph R. Catalano by Carol Catalano  
 Maureen Remondini by Ronald Remondini  
 Julius Nawazelski by Eleanor Nawazelski  
 Carol Fallon by Marie Martucci  
 Dorothy Mateik by Barbara Feeley  
 William McIntyre by Anne McIntyre  
 Clifford & Walter Momancy by Bob & Jean Johnson  
 Richard Gullickson Jr by Dorothy Gullickson  
 Evelyn Doyan by Dick & Dorothy Doyon  
 Arthur McDermott by Mary McDermott  
 Jim Carley Sr. by Pat Carley  
 Patrice Cavanagh by Shirley Cavanagh  
 Neil & Mary Rochnell by Shirley Cavanagh  
 Carol Fallon by Margaret Rooney  
 Jeff Peacock by Jean Peacock  
 Joe Rybera and Matthew Hickey by Paul & Diane Hickey  
 Tom Scannell by Dan & Anne Hession  
 William Sides by Mary Sides  
 Ruth & George Yetsook by Marjorie Bates  
 Jack Dwyer by Theresa Dwyer  
 Kathryn Marshall by John & Eileen Marshall  
 Ann M. Finnerty by Gerald Finnerty  
**Special thanks to the men's poker group for their weekly donations**

### **THANK YOU FRIENDS**

#### **OF HANOVER COUNCIL ON AGING**

The Hanover Council on Aging would like to acknowledge the generosity this past year by the Friends of the Hanover Council on Aging. The FRIENDS have contributed to a multitude of "Wellness Programs, social events, and most recently have donated to our new computer tracking system and the improvement and repair of our TV and sound system. This has taken a large bite out of their funds. We currently have 300 members which is only 10% of the Hanover Senior population. At only \$5.00 dues, you can do the math. KUDOS to Friends and their fundraising!

#### **Thank you members for your support!**

Your annual membership to the FRIENDS is a mainstay for our center. FRIENDS contribute to help pay for programs that enrich the lives of seniors.

Membership is open to all and you do not need to be a senior or resident of Hanover.

Please understand while your \$5.00 goes a long way in insuring that our programs and activities remain so affordable, it is still a voluntary contribution. You do not have to be a member of the FRIENDS to attend the Hanover Senior Center. It is not necessary but it so is appreciated.

**Isn't it nice to have "Friends?"**

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### **ART MATTERS**

**Friday, May 15 at 1PM, fee \$2**

#### **IMPRESSIONISM**

The Impressionists, painters of light, painters of nature, and painters of human nature, changed the way the whole world looked at art. Like a stone dropped into a still pond, the ripples from this revolutionary style of painting spread out, influencing a whole new generation of artists. Join us for a close look at many of the paintings that moved the world into the modern era.

### **THANK YOU FOR PRODUCT DONATIONS and ADDITIONAL CONTRIBUTIONS!**

Mary Deame, Linda Ducharme, Stella McCauley, Dennis Deneen, Jim Fitzpatrick, Judy Scannell, William & Mary Abdy, Anne O'Connor, Edie Shanks, Jean Hermitage, Jim & Ellen Autio, Debbie & Bill McDonough, Eleanor Kimball, Debbie Heger.

### **IN HONOR OF**

Hanover Volunteers by Susan & David Setterland  
 Jonathan's Shoveling by Janice Connolly  
 The Hunt Family by Blanche Cleveland



### VETERAN'S NEWSLETTER FOR MAY, 2015

The Department of Veterans Affairs (VA) launched an improved version of the GI Bill Comparison Tool, which is designed to make it easier for Veterans, Service members and dependents to estimate their GI Bill education benefits and learn more about VA's approved college, university and other education and training programs across the country. It also provides key information about college affordability and value so beneficiaries can choose the best education program to meet their needs.

The updated version of the GI Bill Comparison Tool has new functionality that can provide personalized estimate of Post-9/11 GI Bill tuition and fees, housing allowance, and book stipend benefits that would potentially be paid to the student. The Veteran indicator section now contains new information on schools' student Veterans groups, Vet Success on Campus program and the Yellow Ribbon agreement status.

This is an ongoing effort by the VA to provide accurate data to beneficiaries so that they have the information they need to make informed choices about VA education benefits and approved programs.

The GI Bill Comparison Tool can be found at:

[www.benefits.va.gov/gibill/comparison](http://www.benefits.va.gov/gibill/comparison)

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

### WELCOME TO OUR NEW VAN DRIVERS

Some of you may have already had a chance to meet our new van drivers: Teresa Slight and Jenna Farrow. We know that you will find them to be caring and helpful.



### DIVERSITY PROGRAM RETURNS

Join us on Friday, May 8 at noon for the latest in our ongoing diversity programming. This time we are celebrating the culture of the Caribbean through food and music. Lunch will be served at noon and then we will be entertained by P.J. Adamson on the steel drums.

The fee for this meal and entertainment is only \$5. Reservations begin April 28 and run until May 5 or until the event fills up. Call 781-924-1913

### MEMORIAL DAY CELEBRATION BREAKFAST

**TUESDAY, MAY 26, 2015**

**9:30 AM**

**\$5.00**

**Veterans are free!**

We have set this morning aside to honor our Loved ones who have died and to the military men and women who gave the ultimate sacrifice serving their country.

Please join us for breakfast catered by the Hanover Lions Club. Hanover High School will provide the patriotic entertainment. Everyone (including veterans) must sign up in advance so that we may place our catering order before the event.

Sign up begins Monday May 4, 2015 and the final day to sign up is May 20 if not already full.

On Tuesday, May 26, there will be no other morning activities at the Senior Center

### NEWPORT DINNER TRAIN

This trip will take place on Thursday, May 14.  
The cost is \$89.

Information can be obtained through:

**Dot Quinn** at 781-829-4241

#### **WHITE'S OF WESTPORT**

June 10, 2015 \$69.00 per person

“Some Like It Hot & Some Like It Over Ice”

Dean Martin & Marilyn Monroe

Dinner & Show

Call Dot Quinn for details: 781-829-4241

### PENNSYLVANIA DUTCH TOUR

May 21– 23, 2015

\$398.00 (Double)

To Reserve seats call :

**Rita Webster at 718-924-5531**

\$50.00 Deposit at sign up

Final payment: April 25, 2015

Call Rita for more information.

### **PLEASE NOTE THESE CHANGES:**

THE HANOVER VNA will come on the first Monday of the month at 9:30AM for blood pressure tests. Old Colony Elder Services will be having a special luncheon each month on the second Tuesday at noon. No Bingo on Wednesday, May 20.

### **LET US KNOW IF YOU ARE INTERESTED IN THESE PROGRAMS**

We have been given the opportunity to offer the following programs at the senior center. A Matter of Balance is an 8 week program that meets for 2 hours each week. Participants need to commit to attend all 8 sessions. The second program is Health Eating which is a 6 week program with weekly session of 2 1/2 hours each. Call us at 781-924-1913 and let us know if you would like to participate in these programs.

### **A Reminder about prices**

Many of the exercise and wellness programs at the Hanover Senior Center are free. Some months all of the exercise programs are free to you and paid for by the Friends or the formula grant. Arthritis Exercise and Tai Chi are always free. Stretch & Relaxation with Neil, Yoga, Exercise with Chris, Zumba and Strength Training are \$4 a class. The money is collected by the instructors in class.

### **TRANSPORTATION NEW SHOPPING DESTINATION!**

Are you tired of the same old shopping destinations? Do you think we need to add some different locations to the list? We think the following location just might do the trick.

In an effort to accommodate the needs of our Seniors, we have added another day for shopping.

Starting this month, the van will take you to Target Plaza and Hanover Common's Shopping Center. On Wednesdays.

Target Plaza includes Target, Dollar Tree and Five Guys

Hanover Commons Plaza features:

Michaels, Pier One, Men's Warehouse, Joanne Fabrics and Wendy's.

Remember, if you if you shop on Mondays at Shaw's, this provides you another day to shop or just get out and socialize.

Shopping is now available to you up to 4 times a week if seating is available.

We hope to add a few social trips to our schedule as well including local points of interests. If you have any suggestions please let me know. *Katie, Transportation*

### **MOBILE SENIOR CENTER**

This month we begin a program of bringing the Hanover Senior Center programming to you. Our first event will be at Barstow Village on Thursday, May 14 at 12:30PM. Following a light lunch, Hilary Troia of Home Instead and former Container Store presenter, will teach us how to Get Organized. “A place for everything and everything in its place.” The Hanover Senior Center will provide the light lunch. Hilary is bringing gifts for all and a Get Organized gift basket for one lucky winner. Barstow residents can reserve with Martha North and others should call the Hanover Senior Center to reserve their spot. Call 781-924-1913.

### **HANOVER HISTORICAL SOCIETY**

**On Friday, May 22 at 1PM.**

Flashback to the time when the locals got their Friday night entertainment at Louis Cook's Auction Gallery! Were you there? Did you buy? If you still have a small item bought there, bring it along as Judy Grecco and Les Molyneaux share stories about “The Country Auctioneer's” 25 years in Hanover. Refreshments served.

**EVERYONE Please sign up.**

**Call: 781-924-1913.**

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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: \_\_\_\_\_

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