

# Shrewsbury

# August 2025 Senior Edition

## What's the Difference? The Shrewsbury Senior Center vs. Nursing Homes and Assisted Living

It's a question we hear often—what exactly is the Shrewsbury Senior Center, and how is it different from a nursing home or assisted living facility? While all support older adults, they serve very different roles. Let's clear things up.

### The Senior Center is not a place to live.

Unlike nursing homes or assisted living communities, the Shrewsbury Senior Center is a vibrant community hub. It's open during the day to Shrewsbury residents aged 60 and older who come to socialize, learn, stay active, and access valuable services. Then, they return to their own homes.

At the Senior Center, you'll find:

- Exercise classes, arts and crafts, games, and technology help
- Free or low-cost educational and wellness programs
- Lunch and food pantry services
- Transportation for errands and medical appointments
- Volunteer opportunities and a way to give back
- A warm, inclusive space to connect with others

### So how does it differ from assisted living or a nursing home?

Nursing homes provide 24/7 medical care. Assisted living facilities offer housing plus help with daily activities. The Senior Center, on the other hand, supports independent older adults looking to stay engaged and connected while living at home.

Many of our participants live independently, with family, or in 55+ communities. Some even live in assisted living and visit us for programs and social time. The Senior Center is FREE to visit.

If you or a loved one is curious about what we offer, we invite you to visit, take a tour, and see why so many call the Shrewsbury Senior Center their favorite place to be.

Senior Center	Assisted Living	Nursing Home
A daytime community space	A residential facility	A medical facility
Independent living at home	Staff helps with daily tasks	24/7 skilled nursing care
Free/low-cost programs	Private pay or insurance	Often covered by Medicaid
Social, educational, wellness focus	Combines housing & support	For those with serious health needs



SENIOR CENTER HOURS:  
MONDAY WEDNESDAY THURSDAY 8:00AM TO 4:30PM  
TUESDAY 8:00 AM TO 6:30 PM  
FRIDAY 8:00 AM TO 12:00 PM

**Shrewsbury COA Mission Statement:**

*To advocate for and to develop programs and services that enhance seniors' well-being and quality of life, and to create a welcoming, secure and inclusive community for seniors.*

**DISCLAIMER:**

Our newsletter is organized and sent to print weeks in advance. The content of this newsletter may change by the time you receive it. Please feel free to call the Senior Center at **508-841-8640** for the most up-to-date information or check our website at [shrewsburyma.gov/555/Council-on-Aging](http://shrewsburyma.gov/555/Council-on-Aging) or our Facebook page [facebook.com/ShrewsburyCOA](https://facebook.com/ShrewsburyCOA)

**Council on Aging Staff**

**Director:** Hollie Lucht

**Assistant Director:**

**Transportation Coordinator:** Cynthia Willis

**Outreach Coordinator:** Renee D'Argento

**Office Assistant:** Iesha Sahin

**Food Pantry Coordinator:** Jennifer Andrade

**Van Drivers:** Patricia Babin, Joseph Apicella, Lynne Dangredo

**Veterans Agent:** Jeff Farrell & Yissel Fierreira

**Veteran Office Hours:**

Thursday: 8:00 AM –4:30 PM

**508-841-8386**

**Council on Aging Board Members**

\* Alex Roman, Chair      \* Ruth Skala

\* Lawrence Mayone, Vice Chair   \* Shangara Dehal

\* John Deshayes

\* Rachel Kleiman-Wexler

<p><i>Live Your Best Life</i></p>  <p><b>SERVICES</b></p> <ul style="list-style-type: none"> <li>• Maintenance service</li> <li>• Housekeeping service</li> <li>• Casual &amp; fine dining</li> <li>• Chauffeured transportation</li> <li>• Cultural and educational programs</li> </ul> <p><b>AMENITIES</b></p> <ul style="list-style-type: none"> <li>• 200-seat theater</li> <li>• Full service health club</li> <li>• Heated indoor swimming pool</li> <li>• Arts &amp; crafts / woodworking shop</li> <li>• 3-acre park with walking paths</li> </ul> <p><b>Independent Living   Assisted Living</b></p>  <p><b>Southgate at Shrewsbury</b> Exploring. Growing. Learning.</p> <p><b>508-842-8331</b> <a href="http://www.southgateatshrewsbury.com">www.southgateatshrewsbury.com</a></p>	 <p><b>The Healing Path</b> Jessica Sollee Licensed Acupuncturist 617-335-2148 Jess@thpclinic.com 364 BOSTON TURNPIKE ROAD SHREWSBURY Safe, Effective, Natural</p>
 <p><i>Finding the right Home Care Agency can be a challenging process.</i></p> <p>Here at <b>Omni Home Health</b> we are dedicated to making the process as easy and seamless as possible with several years of experience and competent, well-trained, experienced health professionals and Caregivers.</p> <p>Call us today, we'll help you find a solution to best suit your individual needs. 508-826 5387 • <a href="mailto:info@omnihomema.com">info@omnihomema.com</a></p>	 <p><b>WELLS HEALTHCARE PHARMACY</b></p> <p><b>Your Local Pharmacy, Your Health Partner!</b></p> <p>435 Shrewsbury St Worcester, MA 508-351-0989 <a href="http://www.wellshcrx.com">www.wellshcrx.com</a></p> <ul style="list-style-type: none"> <li>▶ <b>FREE DELIVERY to your door</b></li> <li>▶ <b>We Accept All Insurance</b></li> <li>▶ <b>Simplify Your Meds With Custom Adherence Packaging</b></li> </ul>

**I cannot give you the formula for success,  
but I can give you the formula for failure,  
which is:  
Try to please everybody.**



Editor Herbert Bayard Swope

### State Representative Hannah Kane 11th Worcester District



Representative Kane will hold office hours at the Shrewsbury Senior Center on Friday, September 5th from 9:00am –9:45am in the craft room, no advance sign-up needed.

My office is here for you.

My Legislative Aide Kerry Shea and I can be reached at 617-722-2810 and our email addresses are [Hannah.Kane@mahouse.gov](mailto:Hannah.Kane@mahouse.gov) and [Kerry.Shea@mahouse.gov](mailto:Kerry.Shea@mahouse.gov)

Please do not hesitate to contact us. We are here to help.

Senator Moore or a representative from his office will be available at the Shrewsbury Senior Center on the fourth Wednesday each month from 11AM-12PM. These office hours are for anyone who may want to discuss an issue of importance to them or is in need of assistance.



Residents do not have to wait for office hours to get assistance. They may call the office at **617-722-1485** or send an email to the Senator at [Michael.Moore@masenate.gov](mailto:Michael.Moore@masenate.gov) at any time.

### MASSACHUSETTS ELDER AFFAIRS



MA Elder Affairs promotes independence, empowerment, and well-being of older people, individuals with disabilities and their families. We ensure access to the resources you need to live healthy in every community in the Commonwealth.

**617-727-7750**

### SHINE in August

**Thursdays 7, 14, 21, 28**



Each time slot is 45 minutes. 9:00 AM—12:00 PM

**To make a reservation call the  
Shrewsbury Senior Center 508-841-8640**

Free health insurance information and counseling.

### RESOURCES FOR SENIORS

#### AARP

888-227-7669

#### Cold Relief Heatline

800-632-8175

#### Community Legal Aid

508-752-3718 or

855-252-5342

#### Elder Services of Worcester

508-756-1545

#### Health Department

508-841-8384

#### Professional Hearing Healthcare

508-366-8686

#### SELCO

508-841-8500

#### SHINE

508-422-9931

#### Shrewsbury Housing Authority

508-757-0323

#### Shrewsbury Public Library

508-841-8609

#### Shrewsbury Senior Center

508-841-8640

#### Shrewsbury Youth & Family Services

508-845-6932

#### SMOC Energy & Financial Assistance

508-620-1230

(Toll Free) 800-286-6776

#### South Middlesex Opportunity Council

508-872-4853

#### St. Anne's Food Pantry

508-799-4169

#### Town Clerk

508-841-8507

#### Veterans Service

508-841-8386



# SENIOR CENTER FOOD PANTRY

The Shrewsbury Senior Center Food Pantry is open for Shrewsbury Senior Residents  
Tuesday and Wednesday 9:30am-2:00 pm. By Appointment Only.

For information about the Senior Center Food Pantry  
please contact Jennifer Andrade, Food Pantry Coordinator,  
at [jandrade@shrewsburyma.gov](mailto:jandrade@shrewsburyma.gov) or 508-841-8649

DONATIONS CAN BE DROPPED OFF AT SHREWSBURY SENIOR CENTER, 98 MAPLE AVE. SHREWSBURY  
MONDAY WEDNESDAY AND THURSDAY 8AM-4:30 PM  
TUESDAY 8AM-6:30 PM  
FRIDAY 8AM-12PM



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Shrewsbury Council on Aging

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## SHREWSBURY COUNCIL ON AGING SENIOR CITIZEN DAY GIFT CERTIFICATE

A \$10.00 GIFT CERTIFICATE TO NAPOLI ITALIAN DELI & CATERING IS BEING OFFERED TO SHREWSBURY RESIDENTS AGED 60 AND OLDER IN CELEBRATION OF SENIOR CITIZENS DAY.

PICK UP AVAILABLE DURING SENIOR CENTER HOURS ON  
THURSDAY, AUGUST 21, 2025, FROM 8:00 AM – 4:30 PM  
(100) AVAILABLE. ON A FIRST-COME, FIRST-SERVED BASIS.

LIMIT ONE PER PERSON. VALID ID REQUIRED.  
MADE POSSIBLE THROUGH THE STATE FORMULA GRANT.  
FOR SHREWSBURY SENIORS (60+) ONLY.

## Friendly Companion Program



## VOLUNTEERS

The Shrewsbury Senior Center's Friendly Companion Program (formerly the Friendly Caller Program) offers weekly wellness calls, home visits, and appointment assistance to help support seniors' well-being. Volunteers can choose how they'd like to be involved—whether it's making calls, visiting someone at home, delivering food from our food pantry, or helping with transportation to medical appointments. These connections offer peace of mind to seniors and their families, especially those living far away or with safety concerns.

As a Friendly Companion Volunteer, you set your own schedule and level of involvement.

To volunteer, stop by the Shrewsbury Senior Center and ask for a volunteer application form.

CORI checks are mandatory.

## SENIORS 60+

If you're a Shrewsbury resident age 60 or older and could benefit from a little extra support, the Friendly Companion Program at the Senior Center is here for you.

Whether you're feeling isolated, need a weekly check-in call, would enjoy a friendly home visit, or could use help getting to a medical appointment, we're happy to match you with a caring volunteer.

This program is designed to help you stay connected, feel safe, and maintain your independence.

To learn more or sign up, call Outreach Coordinator, Renee D'Argento the Shrewsbury Senior Center at 508-841-8647—we're here to help.

KAREN MCKENZIE  
SENIOR FITNESS  
SPECIALIST



**Stay cool and calm with Meditation -**

Meditation can manage stress, anxiety, improve memory and quality of your sleep. It can also lower blood pressure, and help with the chronic pain of Arthritis. You can meditate while sitting or lying down, and during simple movements like Chair Yoga.

Because seniors are concerned about short term memory, Yoga helps us to focus and better retain those things we are trying to remember. The Yoga Breath is simple and calming and reduces anxiety, clears the mind, and promotes restful sleep. Take a class, watch a video, and make Meditation a daily ritual. Give it a

try - and Namaste! (Sanskrit greeting.)

Meditation classes are held at the Senior Center every Wednesday.



Shrewsbury Council on Aging

**Durable Medical Equipment**

We accept and loan durable medical equipment in new and like new condition. This is a FREE service.

Please call the Shrewsbury Senior Center at 508-841-8640 for more information.



- Insurance Partner Benefits
- Financial Assistance



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**Second and Fourth Wednesdays of each month**

**from 11:15 AM to 1:00 PM**

The Memory Lane Cafe is a bi-monthly gathering that offers those with dementia and their care partners a place to meet friends, have fun and feel part of a community. Each Cafe includes time for socializing, a free lunch and an interactive program. Come get to know others who are in your situation in a fun and friendly atmosphere.

**August 13th—Bill Swift—singer/guitarist**

**August 27th—Patrick Durkin—singer/keyboardist**

**Please note: programs are for Memory Café participants only.**

PLEASE NOTE THAT AN RSVP IS REQUIRED BY MONDAY MORNING PRIOR TO THE DATE OF THE PROGRAM BY 10:00 AM.

Please email Merrie Gerber at [merrie\\_gerber@icloud.com](mailto:merrie_gerber@icloud.com) for more information.

The Shrewsbury Public Library welcomes people living with Alzheimer's/other forms of dementia and their care partners to our Memory Café, held on the first and third Fridays of every month from 2:00–3:30 p.m., in person at the library.  
Contact Charlotte Budge at [splmemorycafe@gmail.com](mailto:splmemorycafe@gmail.com)



SHREWSBURY  
MEN'S  
CLUB

Every  
Thursday  
8:30 AM  
Coffee hour

9:30 AM  
Weekly  
program

Is it hot enough for you yet? That's the old line you hear when the August heat arrives and the lawns turn brown. Stay out of the hot sun is another old saying. The best way to do that is to head on down to the Thursday morning meeting of the Men's Club. We meet all summer long with hot topic programs in the cool a/c of the Senior center. How cool is that?

Our programs are fresh, timely, and widely varied each week. There's something for everyone,. Join us for coffee, donuts, conversation, and laughs.

Enjoy coffee hour at approximately 8:30 AM followed at 9:30 AM by our weekly program of interesting, informative, and/ or entertaining guest speakers.

### UPCOMING AUGUST GUEST SPEAKERS

**Thursday, 7– Fire Safety At Home by Lt. Robert Ljunggren of the Shrewsbury Fire Department**

**Thursday, 14– The Jazz 4 U Quartet  
Playing Jazz Standards, Piano, guitar, Double Bass, and Percussion**

**Thursday, 21– The “Abandon Ship” Program by Mr. James M. Arnold  
Shipwrecks Off the New England Coast**

**Thursday, 28– Scam and Fraud Protection by Chief Kevin Anderson and  
Det. Paul Brown of the Shrewsbury Police Department**

# FOR SALE PARK PLACE REALTY



**Kathleen Bryan 508-410-7289**  
email: ladykhomes@gmail.com

## Lunch & Learn!

Monday, August 25 at 12:30pm

**"All you need to know about Selling or Buying a Home!"**

Thinking about downsizing to a smaller home or condo?

Want to sell your home and don't know where to start or how to prepare?

Maybe you want to relocate to a warmer climate?

Thinking about how you would obtain financing to buy your next home?

Look no further for answers! This meet & greet with Kathleen Bryan Park Place Realty

Enterprises (508-410-7289) and special guest Sean Callan Fairway Independent Mortgage Corporation will put you in the right direction!



Please try and reserve your seat prior to the event!  
**RSVP by Thursday, August 21.**



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## African American History Profile — Introducing Dr. Gladys West



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Roger Easton known as the “Father of the global positioning system GPS” and Branford Parkinson were principal inventor and designer for the Navy National Defense Program. They were credited with the invention and design of the Global Positioning System. Gladys West attended Virginia schools and earned a BS and MS degrees at Virginia State College now Virginia State University. In 1956 West was hired as a mathematician by the U.S. Proving Ground, based on her exceptional academic merit. Her work contributed to the development of the mathematical model behind the Global Positioning System. In 1978 she was named Program Manager, she and her team developed the mathematical models that led to the GPS technology in use today. In spite of the societal challenges their groundbreaking work contributed to technology and demonstrated her brilliance and perseverance. West retired in 1998 after forty two years service with the Navy and earned a Ph.D in Public Administration. West was inducted into the U.S Air Force Hall of Fame in 2018. The film **Hidden Figures**, was based on her life story and career.

### SAVE THE DATE

## SENIOR MUSIC OPPORTUNITY

# Shrewsbury Senior Center Chorus

**“MEET & GREET” DROP-IN INFO MEETING TUESDAY, OCTOBER 7, 2:30PM**

**Daytime Chorus for Adults 60+ – Sing, Connect, and Perform!**

Do you enjoy singing and have free time during the day? Join a welcoming and independent chorus group designed for adults aged 60 and older who love music and community. We’re looking for enthusiastic singers—as well as a few volunteers to help manage the group.

Rehearsals begin Tuesday, October 7, and will be held weekly from 2:30 PM to 4:00 PM. Together, you’ll prepare for joyful spring concerts featuring Soprano, Alto, Tenor, and Bass parts, as well as solos, sing-alongs, and special musical selections.

Our performances will take place at local nursing homes, rehab facilities, and senior centers, spreading music and cheer throughout the community.

**Play an instrument?**

**We’d love to have you join us and be part of the musical fun!**



**98 Maple Ave., Shrewsbury, MA 01545**

**508-841-8640**



**Contact Renee for a benefits review.** *My mission is to help relieve you of expenses and put more money in your pocket.*

**Fuel Assistance, Heating System Repair and Weatherization Programs.** REMINDER: Applications for the new year are reviewed from November 1 through April 30. If the program survives Federal budget cuts, current clients typically receive their renewal applications anytime between August and October. For new applicants, please see Renee around the end of September when new application forms should be available.

**Supplemental Nutrition Assistance Program (SNAP) Update.**

The food stamp program still has funding, for now. It's easy to

apply on-line: <https://www.mass.gov/snap-benefits-formerly-food-stamps>. Attached to SNAP card is HIP, the Healthy Incentives Program that gives you FREE extra SNAP money for fruit and vegetables. Monthly HIP dollars have had an increase to \$40 per month from \$20. when your SNAP card is used at participating local farm stands.

**SELCO Internet Assistance.** Qualifying households receive \$20 monthly internet service discount.

**Medicare Savings Programs (aka Mass Health Buy-In). Asset not counted!**

Income requirements: Individual: \$2,824/Married couple: \$3,833. Pays for your Medicare Part B medical insurance premiums putting \$174 per month back in your pocket, prescription drug help, etc.

**Coffee with a Cop: Monday, August 4, 9:00-10:30 am. SeniorCenter. FREE coffee & donuts.**

Join friends, neighbors, Sergeant Ryan Bradley and fellow officers to socialize or express a concern.

**NEW MONTHLY! FREE Legal Consultations Third Monday each month from 9:00—11:00 am with Attorney Nicholas Daviau. Starting Monday, August 18.**

Appointment required. Call Renee 508-841-8647, to schedule your private, confidential appointment no later than 5 days in advance. Nick's law firm is located in Worcester. Practice areas include Estate Planning, Elder Law, Medicaid Planning & Advocacy, Estate and Trust Administration, Guardianship, Conservatorship and Real Estate.

**Join the Shrewsbury Council on Aging (SCOA) Friendly Companion Program!**

*Are you or do you know of a senior who would like to have a regular friendly call or visit by one of our SCOA volunteers?*

If you're spending more time alone than you'd like, the SCOA can match you with a friendly companion for weekly chats by phone or in person. Whether you want to share a story, discuss a concern, or learn about helpful resources, we're here for you.

**Unable to travel to medical appointments without assistance?** Depending on availability, volunteers may be able to assist with transportation or escorting seniors to appointments.

Calls or visits are scheduled at a convenient time based on mutual availability.

**For more information or to sign up, contact Renee D'Argento, COA Outreach Coordinator today!**

## Mass Health Program News.

Below, excerpted in part from a recent article: <https://www.bostonglobe.com/2025/07/09/metro/medicaid-mashealth-trump-massachusetts-budget/>

New mandated Medicaid requirements were signed into law and go into effect for recipients in 2026. It is predicted that new administrative burdens will cause between 12 to 16 million Medicaid recipients nationwide to lose health coverage, including an estimated 300,000 Massachusetts residents over the next decade. 100,000 of these are those whose coverage is through the Health Connector, due to higher health care premiums. The state could lose some \$3.5 billion in funding. Hospitals and health centers that serve Mass Health recipients will also feel the loss of funding. The law requires states to devise a new complicated computer system to track eligibility, particularly for those who will need to substantiate they meet the new work requirements to maintain eligibility. Able bodied adults between age 19-64 without dependent children will be required to work and/or volunteer hours 80 hours per month. The law mandates that states will have to conduct two eligibility checks each year, instead of one, and additional documentation may be required, particularly for those who hold jobs.

For now, MassHealth hopes to conduct extensive background checks on many Medicaid enrollees to prove their eligibility without having to directly request information. If the state is unable to confirm recipients eligibility, notices will be sent stating their coverage is at risk and will need to prove their eligibility.

### What to know:

As the article said, be sure to continue obtaining health care and your medications as usual since the law doesn't kick in until 2026. Be sure to pay attention to any mail from Mass Health, and once received be

## Help Us Install a Sensory Garden at Our Senior Center Outdoor Patio.

### Patio Rendering with Planters

**Goal: \$43,000. \$32,000 raised. \$11,000 to go.**



The new garden space around our patio will have beautiful native plantings attractive to birds and pollinators with flowers and herbs in an ever changing palette of color, texture, and fragrance providing year round interest. Your tax deductible donation\* will help us build raised cedar planting beds and in-ground planting areas accessible to individuals of all abilities. For more information, contact Renee @ 508-841-8647.

**Donate by making your check to the Shrewsbury Council on Aging, with Senior Center Garden Fund in the memo; send to the Senior Center, 98 Maple Ave., Shrewsbury, MA 01545.**

*\*IRS Code section 170(c) provides that contributions to municipalities for public purposes are tax deductible. Applicability to individuals may vary. Consult a tax professional.*

# Mortgage Solutions FOR SENIORS

Come listen & learn! Join us for a presentation on understanding your home loan options and how BayState Bank can help!

**When:** Monday August 4, 2025 at 1:30 pm  
**Where:** Shrewsbury Senior Center, Side Room B

*Presented By:*  
**John Gouley**  
Senior Mortgage  
Relationship Officer  
NMLS #482827

BayStateBank  



*\*Attendees will be entered to win a \$50 Market Basket gift card!*



Join us for lunch and a movie  
**Mamma Mia!**  
Monday, August 18  
Refreshments 1:15pm  
1:30pm Movie  
Shrewsbury Senior Center  
Side A & B

Variety of pizza and shareables will be available.  
Reservations must be made by Monday, August 11.  
Please call 508-841-8640.  
Please inform the receptionists if you have any dietary restrictions.

This event is funded through the Shrewsbury Council on Aging Donation Account.



## SHOWDOWN!

**Word lovers, it's time to shine!**

Tuesday, August 19

Arrive 2:45pm

3:00pm - 5:00pm

Shrewsbury Senior Center

Sign up at the Front Desk or call us at 508-841-8640

Friendly Scrabble competition \* Brain-boosting fun with fellow wordsmiths\* Sandwich wraps & beverages

TEAMS OF 4

SIGN UP A TEAM OR INDIVIDUAL AND WE WILL GLADLY PLACE YOU ON A TEAM

REGISTER BY TUESDAY, AUGUST 12

PRIZES:

HIGHEST WORD SCORE \* LONGEST WORD PLAYED \* BEST WORD USING A SENIOR-THEMED TERM  
MOST 7-LETTER WORD BINGOS \* HIGHEST TEAM POINTS

Let's see who will reign as the Senior Center Word Champion!

## Senior Spotlight Inform, Engage, and Empower

Wednesday, August 20 at 12:00pm

Q&A Forum with Council on Aging Staff

**Special Guest(s):** Representatives from the Shrewsbury Recreation Department will join us to share exciting updates on community events and the Play on 60+ program.

# PROGRAMS

Event dates, times, and locations may change.

Our schedule is packed with amazing programs! To make room, we've omitted class descriptions, but you can access full details by scanning the QR code with your smartphone camera.

This will take you to our website, where you'll find everything you need.

Some programs have a suggested donation of \$2–\$15.

Please check with your instructor for details.

For questions, call the Senior Center at 508-841-8640.




Represents a change.



## MONDAY

Mahjong 9:00-12:30pm

 **FREE Legal Consultations with Attorney Nicholas Daviau on the third Monday of each month. Starting Monday, August 18 from 9:00 – 11:00 am. See page 10 for more details.**

Floor Yoga 9:30-10:30am \$7.00

Gentle Chair Yoga 11:00-11:45am \$5.00

Current Events 1:00-2:30pm

Color Therapy 1:30-3:00pm

Tech Support Clinic- 2nd Monday of each month 10:00—11:00am

TRIAD-First Monday of each month 2:00-3:00pm Call Renee D'Argento at 508-841-8647 for more information.

Memoir Writing 3:00-4:00pm Last Monday of each month


## TUESDAY

Walking Club Meet at Senior Center 9:00am (*Weather Permitting*)

Balance & Fall Prevention 10:00—10:45am \$3.00 **NO CLASS AUGUST 14**

Roger's Café 10:00-11:30am

Art Class with Marion 12:30-2:00pm \$15 to instructor.

 **Senior Challenge** (limited) 1:00-2:00pm \$3.00 No facilitator for the months of July & August. Fitness video will be played on the projection screen. No fee.

## WEDNESDAY

Tai Chi Advanced 8:15-9:00am, Beginner 9:00-9:45am \$3.00

Hand Quilting 9:30-11:30am \$10 per class.

 **Fit for Life** 10:00 -11:00am **Vacation– May 29– July 29, \$25 for 8 classes.**  
Call Recreation for more details 508-841-8503.



**Scrabble** 10:00-1:00pm

**Blood Pressure Clinic: EVERY Wednesday** 12:00-1:30pm Walk-In

**Busy Hands Knitting / Crocheting** 12:45—3:30pm

**Hand and Foot** 1:00-4:00pm

**Mindful Meditation** 1:30-2:30pm

 **Questions about Medicare?** 9:00—11:00am Call Tina Ladrie, Medicare Insurance Broker to book an appointment 833-442-2934 **First & Second Wednesday of each month.**

**THURSDAY**


**Men's Club** 8:30-11:00am


**Balance & Fall Prevention** 11:30—12:15 am \$3.00.

**Bridge** 12:00-3:30pm

**Mahjong** 12:30-3:00pm

**Ukulele Social** 1:00-3:30pm

 **Senior Challenge** (limited) 1:00-2:00pm \$3.00 No facilitator for the months of July & August. Fitness video will be played on the projection screen. No fee.

 **Tap Dance**— 2:15—3:15pm \$5.00.

**FRIDAY**

**HearingLife** **On the first Friday of every month** 8:30am-11:30am FREE hearing screenings

**Cribbage** 9:00-11:30am

**Bollywood** 9:00-10:00am \$2.00

**Shrewsbury Social Club– Daytime Book Club** 9:30am –11:00am

**ZUMBA GOLD**10:30-11:15am \$4.00

**Don't forget to check in at the kiosk for every program—it's quick, easy, and helps keep your favorite classes going!**

**Plus, your check-ins provide important data that helps us apply for grants. Attending a program that's not part of the regular daily, weekly, or monthly schedule?**

**Be sure to check in under "Special Program" each time.**

**We're adding a little extra fun!**

**Each month, we'll randomly draw three names from all kiosk check-ins—two from general check-ins and one from "Special Program" check-ins.**

**Each lucky winner will receive a special token of our appreciation!**

**Keep checking in, and you might be next!**



**SHREWSBURY SENIOR CENTER SPECIAL TRIPS**  
**For the trips listed below please visit the**  
**Shrewsbury Senior Center**  
**98 Maple Ave.**  
**Shrewsbury, MA 01545**



**Please note:** Reservations for our special trip packages open on the first day of each month.

A \$10.00 deposit is required at the time of registration for each trip listed below.

Registration must be completed no later than **10:00 a.m., two business days prior to the trip.**

Deposits will be returned on the day of the trip.

***No refunds will be issued if you cancel—no exceptions.***

Each registration allows for **one additional guest** per trip.

Trip times listed reflect the time spent at each destination; **departure time will be earlier.**

You will receive a phone call with instructions one business day before your scheduled trip.

We will only pick up Shrewsbury residents from their homes.

**Programs highlighted in green as well as boxed lunches are paid for by the COA Formula Grant.**

**ONLY SHREWSBURY SENIORS 60+ SIGN UP ON FIRST BUSINESS DAY OF THE MONTH**  
**OUT-OF-TOWN SENIORS 60+ ARE WELCOME TO SIGN UP BEGINNING ON THE**  
**SECOND BUSINESS DAY OF THE MONTH**

**Tues. Aug. 5 - 1761 Old Mill Restaurant - Westminster (11:30am - 1:30pm)**

**Tues. Aug. 5 - Texas Road House - Worcester (3:30pm - 5:00pm)**

**Wed. Aug. 6- Knotty Pine Vintage & Collectibles - Hudson (10:30am - 11:45am)**

**& Horseshoe Pub - Hudson (11:50am - 1:30pm)**

**Tues. Aug. 12 -Hampton Beach (10:00am - 2:00pm) \*Seating Limited**

**Wed. Aug. 13 - Out to Lunch Festival & Farmers Market - Worcester (11:00am - 3:00pm)**

**Tues. Aug. 19 - Emily Dickinson Museum - Amherst (10:30am - 12:30pm Guided Tour)**

**\$ FREE - Paid for by the State Formula Grant & The Works Cafe 12:45pm - 2:15pm) - Amherst**

**Wed. Aug. 20 - Brown Bag Concert @ Mechanics Hall (11:30am - 1:00pm) - The Worcester**

**Organs Performance Series featuring Gavin Klein, Holy Cross Organ Scholar**

***\$ Free Box lunch provided - Paid for by the State Formula Grant***

**Tues. Aug. 26 -MGM Casino - Springfield (10:00am - 2:00pm)**

**Tues. Aug. 26 - Margaritas Mexican Restaurant - Northborough (4:00pm - 5:30pm)**

**Wed. Aug. 27 - Salisbury Beach - Salisbury - (10:00am - 2:00pm)**

September 2025

**Mon. Sept. 1 - Labor Day/Holiday**

**Tues. Sept. 2 - The Nash Casino - Nashua, NH (10:00am - 2:00pm) \*Seating Limited**

**Wed. Sept. 3 - Sturbridge Flea Market - Sturbridge (10:00am - 11:45am)**

**Wed. Sept. 3 - Publick House - Sturbridge (12:00pm - 2:00pm)**



## Shrewsbury Senior Center Special Trip Survey

Each month, one participant will be randomly selected to win a prize for completing the survey!

**NEW**



Scan QR code with phone camera

August prize winner will receive a \$25 gift certificate to Napoli Italian Deli & Catering!

**Get around Shrewsbury, Northborough and Westborough- for \$2.**

Get to the MBTA station, run errands and more in convenient, on-demand vans powered by Via. Wheelchair-accessible.

**Rides can also be booked by calling Via Customer Service at 508-388-6620.**



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**WORK \* MEDICAL \* GROCERY \* ERRANDS**

The WRTA offers FREE transportation for Shrewsbury residents age 60+, as well as those differently abled, for medical appointments, work, grocery shopping, errands, and other needs. Service areas include Shrewsbury, Northborough, Worcester, Boylston, and Grafton.



**Call WRTA TRANSPORTATION**

**508-752-9283**



## Get Connected with the Shrewsbury Council on Aging via Hootboard

### Why Hootboard?

Stay updated on Shrewsbury Senior Center resources, programs, and events through a secure, user-friendly mobile app!

### Features Include:

- One-click access to the Town of Shrewsbury website
- Weekly Senior Center program schedules
- Program cancellations & updates
- Special events & volunteer info
- Stakeholder resources & nutrition info
- PRIZES and more!

### How to Download & Join:

Open the App Store (iPhone) or Google Play (Android).

Search for "Hootboard" and install the app.

Note: iPhone users may need their Apple ID password.

Open the app once installed.

Enter board short code: **scoa**

Tap "Join Board".

New user? Enter the requested information and tap "Sign Up".

Click "Next" on each of the three welcome screens.

You're now connected to the Shrewsbury COA Hootboard!

Thank you for your support!  
Shrewsbury Council on Aging

### *Need help with technology in your home?*

The Shrewsbury Council on Aging (COA) is partnering with Sayva Services to provide **FREE** technology assistance to Shrewsbury Seniors!

If you are a senior (60+) residing in Shrewsbury and need technology assistance (setting up new devices and/or questions about devices you already have such as smart TVs, phones, computers, tablets, etc)

call Iesha Sahin, at 508-841-8372 for assistance from Sayva Services.



*This program is made possible by the State Formula Grant*



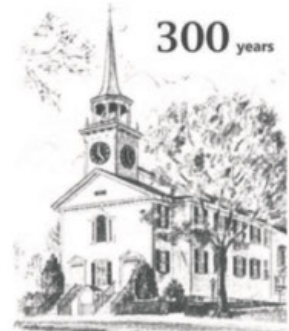
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Mention code **AG60-12** when calling  
\*See office for details.

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**Congregate Dining at the Village Café**  
**The Village Café is open from 11:30AM-12:30PM,**  
**Monday through Thursday, and Fridays 11:00 am—**  
**11:45 pm, excluding holidays.**

**Meals are a suggested donation of \$3.00.**  
**Call to place your order no later than 10AM two**  
**business days prior. Questions call ESWA Elder**  
**Services of Worcester 508-852-3205 ext. 290**

508-852-3205  
 Ext. 290

**August 2025**

[www.eswa.org](http://www.eswa.org)

**Elder Services of Worcester Area Nutrition Program**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MENU SUBJECT TO CHANGE</u> Your \$3.00 Donation is Appreciated!				1 Beef Enchilada Steamed Rice Winter Blend Veg. Cookies Pita Bread
4 Lasagna & Meatballs Roasted Broccoli Rice Krispy Treat Italian Bread	5 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	6 Beef with Onions & Peppers Seasoned Potatoes Capri Blend Vegetables Vanilla Mousse Sandwich Roll	7 Roast Pork w/Gravy Herbed Stuffing Roasted Brussels Sprouts Apple Crisp Diet = Baked Apples Marble Rye Bread	8 Ham Salad Tomato & Onion Salad Pasta Salad Fresh Fruit Pita Bread
11 Beef Stew Rice Corn Niblets Mandarin Oranges Italian Bread	12 Buttermilk Chicken Cranberry Stuffing Roasted California Veg Peaches Marble Rye Bread	13 Baked Potato w/ Chili & Cheese Broccoli Sour Cream Chocolate Mousse Pumpnickel Bread	14 Fish w/Crumb Topping Rice Pilaf Tuscany Blend Vegetables Fruited Ambrosia Whole Wheat Bread Tartar Sauce	15 Shepherd's Pie Carrots Peas Butterscotch Pudding Diet= SF Tapioca Pudding Italian Bread
18 Chicken Tikka Masala Lemon Seasoned Rice Roman Blend Vegetables Tropical Fruit Marble Rye Bread	19 Meatloaf with Gravy Garlic Mashed Potatoes Carrots Rice Krispy Treat Whole Wheat Bread	20 Roast Turkey & Gravy Mashed Sweet Potatoes Roasted Brussels Sprouts Pear Crisp Diet = Pears Italian Bread	21 Hot Dog Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun	22 Teriyaki Beef Steamed Rice Broccoli w/Red Peppers Blondie Diet = Half Piece Pumpnickel Bread
25 Pork Rib-i-que w/BBQ Sauce Mac N Cheese Green Beans Pineapple Sandwich Roll	26 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Vanilla Mousse Pumpnickel Bread	27 Sloppy Joe Red Bliss Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll	28 Chicken Cranberry Salad Three Bean Salad Coleslaw Birthday Cake/Small Piece Hot Dog Bun	29 Breaded Mac & Cheese Stewed Tomatoes Roasted California Veg. Fresh Fruit Italian Bread

## Cultural Lunch

First and third Tuesday of each month, in partnership with Elder Services of Worcester Area and the Friends of Indian Senior Citizen Organization (FISCO).

11:00am refreshments, conversation, or a guest speaker.

11:30am lunch served with choice of regular menu or Indian vegetarian meal.

Both \$3.00 donation.

For 5th August :- Medu Vada, Idli - Sambhar, Coconut Chutney, Yogurt Rice, Veg. Uttapamam, Ras Malai.

For 19th August :- Dal Makhani, Paner Tikka Masala, Roti, Veg. Samosa, Gulab Jamun, Rice, Raita

RSVP for the cultural lunch by 4:00 PM Sunday prior to the lunch date, by visiting: [www.thefisco.org](http://www.thefisco.org)  
 - Under EVENTS-Shrewsbury or call Sandhya Patel 774-275-4381 or Manisha kamerkar 508-523-3576.

# September Menu

9/2 Herbed chicken and broccoli pasta

9/9 Sausage cacciatore pasta

9/16 Chicken Marsala with Garlic roasted potatoes

9/23 Beef and rice stuffed peppers



**Join us for \$5 suppers at the Shrewsbury Senior Center!**

**Every Tuesday at 4:00 pm**

To secure your spot, registration and non-refundable payment is required at least **one week ahead** of the meal.

Please register at the Senior Center reception desk. Don't miss out on this affordable and delicious dining experience! Reserve your seat today!

\*Limited spots available. Registration deadline applies.

(Each meal values at \$13 each \$8.00 is supplemented by the COA State Formula Grant)

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### Words From the Friends

Is everyone enjoying summer at its very best? We're in the middle of one of the most wonderful times of the year—warm sunshine, refreshing water and surf, long days, fabulous sunsets, and abundant farm-fresh fruits and vegetables. It's the perfect time to *grill and chill!* Take time to relax and find delight in this beautiful season... because in just 52 days, we'll be welcoming fall!

### UPCOMING EVENTS:

**Tuesday, August 5th – 9:30 AM**

**FRIENDS MONTHLY MEETING** – Conference Room @ Senior Center

All are welcome to attend! Come share your ideas and suggestions, and help plan upcoming events.

**Monday, August 11th – 1:00 PM**

**FLAMINGO BINGO** – Back by popular demand!

Wear your pink or flamingo-themed attire for a fun surprise!

The Girl Scouts may join us to help and offer a special treat.

Please bring a nonperishable food item to support the Food Pantry and help combat food insecurity in our senior community.

**Monday, September 15th – 1:00 PM**

**Annual BIRTHDAY BASH!**

We're celebrating everyone's birthday *and* 30 years since the founding of the Friends of the Shrewsbury Senior Center!

A special guest will help us celebrate... **ELVIS will rock the house!**

The Shrewsbury Senior Center encourages fresh program suggestions and is open to new instructors. Bring your hobbies, skills, and enthusiasm to our Senior Center, and we'll collaborate with you to accommodate your schedule.

Ask the receptionist for a volunteer packet or call the Senior Center for more information @ 508-841-8758.



**August 4th at 12:00-1:00pm**

Hi!

We're Bhavishka, Vasudha, and Keerthi, Girl Scouts working on our Silver Award project.

We're helping seniors learn how to stay safe online. Scams and hacking can be confusing and scary, so we're creating easy lessons and doing a fun, cybersecurity themed bingo game.

This is to show how to spot fake emails, make strong passwords, and protect personal information.

Our goal is to make using technology safer and less stressful for everyone!



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**Shrewsbury Council on Aging**

**SHREWSBURY SENIOR CENTER HOURS:**  
MONDAY WEDNESDAY THURSDAY 8:00AM TO 4:30PM  
TUESDAY 8:00 AM TO 6:30 PM  
FRIDAY 8:00 AM TO 12:00 PM

**Shrewsbury Council on Aging is  
now accepting  
ONLINE DONATIONS**

**NEW**

- \* Please scan the QR code with your smartphone camera.
- \* Enter **Shrewsbury** in the Municipality box.
- \* Click View/ Pay bills.
- \* Under "General" click Council on Aging on the bottom.
- \* Click Council on Aging Donations.
- \* Choose where you would like your donation to go to.

Any questions please call the Senior Center at 508-841-8640.

Thank you for your continued support!



Is this your first **Senior Edition**?  
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