



**LARSON
SENIOR CENTER
NEWSLETTER**

Larson Senior Center
25 South Main Street, Attleboro, MA 02703

**For staff phone numbers,
see back page.**

BOARD MEMBERS:

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Board meets the third Wednesday of the month at 6PM - NO MEETINGS - Jul/Aug/Dec

The Larson Senior Center
Hours of Operation:
Monday - Friday
8:00 am to 4:00 pm

ATTLEBORO POLICE ASSOCIATION'S

PICNIC AT THE ELKS

Friday, September 8th
11AM

\$1.00 per ticket, on sale at Larson Center

Open to Attleboro Seniors only.



Attleboro Elks - 887 South Main St. - Attleboro

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AUGUST/SEPTEMBER PROGRAMS/ACTIVITIES

ESSETRICS: Mondays and Fridays at 10:00 am
(Free) [Good News Bible Chapel, 235 West St.](#)

BALANCE & CHAIR YOGA: Mondays at 9:00 am
(\$2.00) [Good News Bible Chapel, 235 West St.](#)

FIT HAPPENS - HIGHER INTENSITY:
Tuesdays and Thursdays at 9:30 am (\$2.00)

ZUMBA GOLD:
Tuesdays and Thursdays at 10:15 (\$2.00)

LINE DANCING: Thursdays at 1:00 pm (\$2.00)
[Good News Bible Chapel, 235 West St.](#)

SEATED FITNESS: Thursdays at 9:00 am (\$2.00)
[Good News Bible Chapel, 235 West St.](#)

WELCOMING WEDNESDAY LUNCHES:
Wednesday, 8/30 & 9/27 at 11:30 am (\$3.00)

SCRAPBOOKING: 8/17 and 9/21 at 1:00 pm
(Beginner's first class is free, others are \$10 per session.)

CARD MAKING CLASS: 9/11 at 1:00pm (\$5.00)
Pre-registration and pre-payment are required.

SENIOR MEETUP: 8/30 and 9/27 at 1:00 pm
(Free)

SIMPLE WILLS/HEALTH CARE PROXIES: 8/2
Space is limited.
Call 774-203-1904 for an appointment.

LEGAL SERVICES: Friday, August 18th and
September 15th. Call 774-203-1904 for an appointment.

PODIATRY: Friday, August 18th, 8:00-12:00 pm
By appointment only. Call 774-203-1906 to register.

DIABETIC SHOES: Thursday, August 17th and
September 21st (Free)
Call 774-203-1906 for an appointment

VETERANS SERVICES WITH Ben Quelle:
Thursday, August 3rd and September 7th at
1:00pm (Free)

HISTORY GROUP: 8/3, 8/17, 9/7, 9/21 (Free)
(First and Third Thursday of the Month) at
1:30 pm

FRENCH GROUP: 8/11 and 9/8 (Free)
(Second Friday of the month) at 10:00 am

JAY ELIAS OF DYER-LAKE: 9/18 at 1:00 pm
(Free)

BINGO: Tuesdays at 1:00 pm (Free)

BRIDGE: Thursdays at 12:30 (Free)

CRIBBAGE: Wednesdays at 1:00 pm (Free)

KNITTING: Wednesdays at 10:00 am (Free)

HIGH LOW JACK: Mondays at 1:00 pm (Free)

HAND & FOOT CARDS: Fridays at 12:00 pm
(Free)

MOVIES: 8/23 at 12:30 "Unthinkably Good
Things" and 9/20 at 12:30: "The Old
Way" (Free)

WRITERS WORKSHOP: Tuesdays at 9:30 am
(Free)

BOOK CLUB: 8/16 and 9/20 (Free)
(Third Wednesday of the Month) at 2:00 pm

INTRODUCTION TO COMPUTER TRAINING:
(Free)

Classes are from 10:00 am to 12:00 pm

8/7: Introduction to Computer Basics

8/21: All About Email

9/5: So You Want to Use the Internet

9/18: The Next Step: Using Computer Programs
Call 774-203-1906 to sign-up. Space is limited.

ONE-ON-ONE SMART PHONE TRAINING:

8/14, 8/28, 9/11, 9/25 (Free)

Please call 774-203-1906 to sign-up.

**AT HOME HEARING HEALTHCARE MOBILE
CLINIC:** Wednesday, August 23rd and Septem-
ber 27th at 10:00 am-12:00 pm (Free) By ap-
pointment only.

BLOOD PRESSURE CLINIC: August 2nd and
September 6th from 9:00-10:00 am (Free)
By appointment only.

ALL TICKET SALES AND CLASS REGISTRATIONS WILL BEGIN JULY 31st

SCRAPBOOKING



Join Leslie for an afternoon of scrapbooking.

Beginners, first class is free!

All other classes are \$10 per page. This includes all materials to make a 12x12 Creative Memories Scrapbook page. All tools and supplies for the class are provided. An optional wood 12x12 frame is available for \$8 for your completed page if you wish.

Additionally-- Creative Memories Albums can be ordered for a 20% discount. These albums carry a lifelong guarantee and all materials are acid and lignin free.

WATERCOLORS WITH BEN



Join instructor Ben for a relaxing and fun watercolor program.

This 6 week program will meet on Fridays from 9:30 to 11:30 am September 8th through October 13th.

\$40 payment is due in full on first day of class. Call 774-203-1906 to reserve your spot.

HIKING GROUP

Join the COA Hiking Group! Hikes are relatively easy but are sometimes on uneven terrain. Meet at 10 am sharp at the designated meetup site. Hikes are free. Register by calling 774-203-1906.



August 2023

8/2- Joseph and Margaret O'Donnell Nature Preserve meet at Finberg Field (Park and Bishop Streets) parking lot closest to Bishop Street

8/9- Cumberland Monastery, 1464 Diamond Hill Road, Cumberland, RI. Meet at the Gazebo by the Senior Center.

8/16- Gammino Pond, 463 Newman Avenue, Seekonk. Meet in the parking lot.

8/23- To Be Announced (check with COA the week of August 21)

8/30- NO HIKE

September 2023

9/6- NO HIKE

9/13- Highland Park, 104 Mechanic Street. Meet in the parking lot.

9/20- Caratunk Wildlife Refuge, 301 Brown Avenue, Seekonk. Meet in the parking lot.

9/27- Attleboro Springs Wildlife Sanctuary, 947 Park Street; entrance is at the stone gate just past La Salette Shrine, drive to the end of the boulevard to the parking lot and entrance. Meet at the entrance to the Sanctuary.

LADIES BOWLING



It's girl's night out every Tuesday with Ladies Bowling! League bowling is a great way to improve your game and have lots of fun. All skill levels and all ages are welcome!

Ladies meet every Tuesday at 6:00pm
North Bowl Lanes
71 East Washington Street
North Attleboro

For more information call North Bowl
508-695-2695

Bowling Meeting

North Bowl
Tuesday, August 22nd at 6:15pm
To set up plans for the season!



JUNE 17-OCT 14
SATURDAYS 9AM-1PM
LA SALETTE SHRINE,
947 PARK ST

BACK FIELD IN OVERFLOW
PARKING LOT



BONJOUR !



If you love the French language, please join our group. We meet once a month and speak French on various topics. You don't have to be proficient. Come and enjoy the conversation!

THERAPY GARDENS

Local & Regional Favorites From Yesterday and Today! 8/24

Hermits. Johnnycakes. Moxie. You may know these local foods, but can you recognize them all? We've compiled a list of some of your favorite regional foods, brands, and companies from yesterday to today, including where they were created and sold.

Join us as we present them Jeopardy-style and put your local knowledge to the test!

Participants keep their own score (like Bingo) and enter to win a prize on our famous Senior Wheel of Prizes!

Think You're a Pizza Expert? 9/14

Did you know there's a Pizza Hall of Fame? Neither did we!

Learn about the different types of pizza and how they are made, including Massachusetts' own "South Shore Bar Pizza".

We will also review pizza recipes, healthier alternatives, and pizza history, including pictures of past and current gems of the pizza world.

Sample pizza available for tasting. If you like pizza (and who doesn't?), don't miss this presentation!



YMCA SPOTLIGHT

CARES Program:

Are you a caregiver of a loved one with a diagnosis of Alzheimer's disease or other related dementias? Would you like to be able to workout at the YMCA on a regular basis without the worry of finding short-term care for your loved one?

If you find yourself relating to these statements, please consider attending our drop-in information and intake session for our CARES Program on July 27th from 11:30 a.m. to 1:30 p.m. at the Sweet Community House!

The CARES Program is a new, innovative program in which we provide engaging adult care to individuals with a diagnosis of Alzheimer's and other related dementias, while their caregivers exercise and use our YMCA's facilities. This program is made possible by our partnership with *Back to Home Services* and funding through AARP.

If Interested, contact Cyndee at cgoodinsonlindsey@attleboroymca.org or 508-409-0767.

Fall Camp for Seniors!

"We don't think that kids should be the only ones to enjoy the Camp!. At the Y, we believe that long-lasting health is about staying active and young at heart," says Cyndee Goodinson-Lindsey, Director of Active Older Adults and the Sweet Community House at the Attleboro Norton YMCA. "We are absolutely thrilled to offer this amazing experience once again to seniors in our community. Senior Camp is full of fun, adventure and friendships!"

Open to both Y members and non-Members ages 60 and older, Senior Camp will take place from 9:00am to 1:00pm, Tuesday through Thursday, May 30 through June 1. Each day will feature a variety of traditional camp activities, including archery, arts & crafts, golf, games, grill cooking, hiking, low ropes course, nature activities, horseback riding, wellness classes, special guests, and much more.

The cost to attend Senior Camp is Cost Per Day:

\$15.00, Y Members/Singles
\$25.00, Non-members/Singles

Cost Per Week (3 Days):

\$75.00, Y Members/Couples
\$98.00, Non-members/Couples

To participate call the Y at (508) 222-7422 or register online at attleboroymca.org/seniorcamp

For more information, contact Cyndee at (508) 409-0767 or cgoodinsonlindsey@attleboroymca.org

CARD MAKING CLASS



Patti Quinn, our card-crafting expert will be back to help you create two cards.

Card 1: Birthday, sympathy, get well, thinking of you or leave it blank!

Card 2: Fall themed card.

Class size is limited and pre-registration and pre-payment is required. (\$5.00)

**Monday, September 11th
1:00-2:30**

WELCOMING WEDNESDAY LUNCHES!

Lunch prepared by COA staff.

Nutritious and tasty! Served at 11:30am August 30th and September 27th

August: Italian grilled cheese with minestrone soup.

September: Grilled cheese with garden salad and chicken noodle soup.

\$3.00

Reservations must be made in advance.

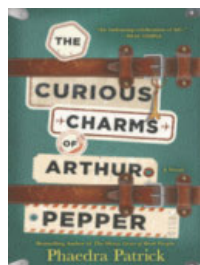
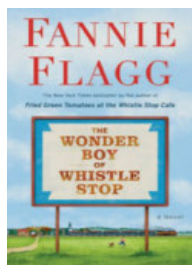
Reserve by calling 774-203-1906.



Book club meets the 3rd Wednesday of the month at 2pm for a lively discussion. All books are available through the library.

August's book is "The Wonder Boy of Whistle Stop" by Fannie Flagg

September's book is "The Curious Charms of Arthur Pepper" by Phaedra Patrick



THANK YOU!

The Council on Aging would like to thank the following individuals/organizations for their generous support:

- Attleboro Veterans' Services Officer Ben Quelle
- Mary Jean Blanchard
- Bristol Elder Services
- Harry Courtemanche
- Marilia Dasilva
- Brian French
- Friends of The Larson Senior Center
- Good News Bible Chapel
- Greater Boston Food Bank
- Jean Hastie
- Diane Heagney
- Jay Elias of Dyer Lake
- Ben Macomber
- Pat Maguire
- Panera Bread of North Attleboro
- Joanne Pardey
- Joseph and Joanne Puopolo
- South Coastal Counties Legal Services, Inc.
- Tina Stracqualursi
- Linda Viola
- Peggy Wrana

ESSETRICS

Feel the Joy of Freedom of Movement, Balance and Strength. Would you like to have the energy, strength, and stamina to do the things you love to do? Essentrics can help. Essentrics is a full-body workout for **people of every ability** that changes the shape of your body through a combination of stretching and strengthening. This technique develops lean, strong, and flexible muscles and helps relieve pain, improve posture, and "age backwards." Essentrics rebalances the body, prevents and treats injuries, and unlocks tight joints. The Larson Center is pleased to offer this program free of charge on **Mondays and Fridays at 10:00am at Good News Bible Chapel**. Classes are free but donations are welcome. Exercises can be done standing, sitting, or laying down depending on personal preference and ability.



This program is funded in part by a grant from Bristol Elder Services, Inc., through a contract with the Massachusetts Executive Office of Elder Affairs.

LINE DANCING

Line dancing is a low-impact exercise that is not only great fun, but promotes heart health, bone strength, balance & flexibility, and brain function!

Join Steve Thursdays at 1:00 pm.

**Held at Good News Bible Chapel
235 West Street**

**No dancing experience required!!
(\$2)**



FIT HAPPENS

This is a fun class incorporating medium impact cardio, muscle toning, core glutes and flexibility routines to give you a total body workout!! Benefits include improved muscle strength, a toned body, increased bone density and strength.

Held at the Larson Center (\$2)

Tuesdays and Thursdays at 9:30 am

ZUMBA

Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with Latin-inspired dance moves.

Held at the Larson Center

Tuesdays and Thursdays at 10:15 am



SEATED FITNESS/BALANCE AND CHAIR YOGA

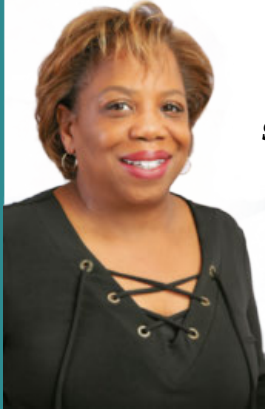
SEATED FITNESS/CHAIR YOGA is a 45-minute seated fitness with chair yoga for all levels of fitness. Class consists of a segment where participants can use hand weights to improve strength, a segment of modified yoga poses to stretch, improve muscle tone, gain range of motion, improve breathing habits, reduce stress and an improved sense of well-being. A brief standing segment is offered but participants can choose to stay seated.

SEATED FITNESS is a 45-minute class that is both fun and challenging. It is designed for all fitness levels. Modifications are demonstrated to make the class accessible to everyone. Participants can use hand weights and resistance bands to improve strength and mobility. This is an effective workout that can be done from the comfort of you chair. A brief standing segment is offered but participants can choose to stay seated.

Join Barbara Mondays for Chair Yoga and Thursdays for Seated Fitness at 9:00 am at the Good News Bible Chapel, 235 West Street. Class is \$2.



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BITS & BOBS

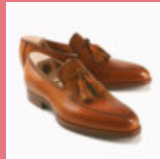
Senior Meetup

Are you interested in creating new connections and finding like-minded individuals to socialize with?

Join us on August 30th and September 27th at 1:00 pm to meet other active seniors who are looking to make new friends and engage in social activities as a group. Get to know your fellow Attleboro residents and have some fun!

Call 774-203-1906 to let us know you're coming.

Are you eligible for Diabetic Shoes?



Kris Gidwani from A+ Home Medical Supply is at the Larson Center on the 3rd Thursday of every month at 10:00 am. He will take measurements & submit your medical claim.

Please call to 774-203-1906 to schedule an appointment.

Are you interested in learning more about veterans' benefits?

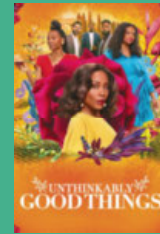
Visit with Attleboro Veterans' Services Officer Ben Quelle who will be at the Larson Center on Thursday, August 3rd and September 7th at 1:00pm.

Ben is happy to talk to anyone with questions including veteran spouses, surviving veteran spouses, and those who know or care about veterans.

Walk-ins welcome!

IT'S MOVIE TIME!

Wednesday, August 23rd
Unthinkably Good Things
Showing at 12:30



At a crossroads in her career and love life, Allison is in need of the love and support of her two friends Melina and Reesa. When they visit her in Tuscany, the reunion causes each woman to re-examine the state of her own life and relationships. While they have different personalities and perspectives, they know each other's truths and help to make life-changing decisions. Between the good wine, delicious food, a healthy serving of romance, set against the beautiful backdrop of Tuscany the three women relish in the importance of friendship and inspire each other to make this next season the best one yet and to take the leap to pursue the life and loves they have always wanted.

Wednesday, September 20th
The Old Way
Showing at 12:30



An old gunslinger and his daughter must face the consequences of his past, when the son of a man he murdered years ago arrives to take his revenge.

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Sean J Carroll
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AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9:30 Writers Workshop 9:30 Fit Happens 10:15 Zumba Gold 1:00 Bingo	8:30-11 Simple Wills and Health Care Proxies 9:00 Blood Pressure 10:00 Hiking 10:00 Knit/Crochet 1:00 Cribbage	9:00 Seated Fitness - Good News Church 9:30 Fit Happens 10:15 Zumba Gold 12:30 Bridge 1:00 Veterans Services with Ben Quelle 1:00 Line Dancing - Good News Church 1:30 History Group	10:00 Essentrics CANCELLED 12:00 Hand & Foot Cards
7	8	9	10	11
9:00 Balance & Chair Yoga - Good News Church 10:00 Computer Class 10:00 Essentrics CANCELLED 1:00 High Low Jack	9:30 Writer's Workshop 9:30 Fit Happens 10:15 Zumba Gold 1:00 Bingo 	10:00 Hiking 10:00 Knit/Crochet 1:00 Cribbage 	9:00 Seated Fitness - Good News Church 9:30 Fit Happens 10:15 Zumba Gold 12:30 Bridge 1:00 Line Dancing - Good News Church	10:00 Essentrics CANCELLED 10:00 French Group 12:00 Hand & Foot Cards 
14	15	16	17	18
9:00 Balance & Chair Yoga - Good News Church 10:00 Phone Class 10:00 Essentrics CANCELLED 1:00 High Low Jack	9:30 Writers Workshop 9:30 Fit Happens 10:15 Zumba Gold 1:00 Bingo	10:00 Hiking 10:00 Knit/Crochet 12-1 Caregiver/Transition Group 1:00 Cribbage 2:00 Book Club  Greater Boston Food Bank Pick-Up	9:00 Seated Fitness - Good News Church 9:30 Fit Happens 10:15 Zumba Gold 10:00 Diabetic Shoes 12:30 Bridge 1:00 Line Dancing - Good News Church 1:30 History Group 1:00 Scrapbooking	8-12 Podiatry 9-12 Legal Services 10:00 Essentrics CANCELLED 12:00 Hand & Foot Cards 
21	22	23	24	25
9:00 Balance & Chair Yoga - Good News Church 10:00 Computer Class 10:00 Essentrics Good News Church 1:00 High Low Jack	9:30 Writers Workshop 9:30 Fit Happens 10:15 Zumba Gold 1:00 Bingo 	10:00 At Home Hearing Healthcare 10:00 Hiking 10:00 Knit/Crochet 12:30 Movie: Unthinkably Good Things 1:00 Cribbage	9:00 Seated Fitness - Good News Church 9:30 Fit Happens 10:15 Zumba Gold 12:30 Bridge 1:00 Line Dancing - Good News Church 1:00 Therapy Gardens Food Trivia	10:00 Essentrics Good News Church 12:00 Hand & Foot Cards
28	29	30	31	
9:00 Balance & Chair Yoga - Good News Church 10:00 Phone Class 10:00 Essentrics Good News Church 1:00 High Low Jack	9:30 Writers Workshop 9:30 Fit Happens 10:15 Zumba Gold 1:00 Bingo	10:00 Knit/Crochet 11:30 Welcoming Wednesday Lunch 1:00 Cribbage 1:00 Senior Meetup	9:00 Seated Fitness - Good News Church 9:30 Fit Happens 10:15 Zumba Gold 12:30 Bridge 1:00 Line Dancing - CANCELLED	

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				10:00 Essentrics 12:00 Good News Church Hand & Foot Cards
4	5	6	7	8
 SENIOR CENTER CLOSED	9:30 Writers Workshop 9:30 Fit Happens 10:00 Computer Class 10:15 Zumba Gold 1:00 Bingo	9:00 Blood Pressure 10:00 Knit/Crochet 1:00 Cribbage  	9:00 Seated Fitness - Good News Church 9:30 Fit Happens 10:15 Zumba Gold 12:30 Bridge 1:00 Line Dancing - Good News Church 1:00 Veterans Services with Ben Quelle History Group	9:30 Watercolors 10:00 Essentrics Good News Church 10:00 French Group 12:00 Hands & Foot Cards 
11	12	13	14	15
9:00 Balance & Chair Yoga - Good News Church 10:00 Phone Class 10:00 Essentrics Good News Church High Low Jack 1:00 Card Making Class	9:30 Writers Workshop 9:30 Fit Happens 10:15 Zumba Gold 1:00 Bingo 	10:00 Hiking 10:00 Knit/Crochet 1:00 Cribbage	9:00 Seated Fitness - Good News Church 9:30 Fit Happens 10:15 Zumba Gold 12:30 Bridge 1:00 Line Dancing - Good News Church 1:00 Therapy Gardens Pizza Talk	9 - 12 Legal Services 9:30 Watercolors 10:00 Essentrics Good News Church 12:00 Hands & Foot Cards 
18	19	20	21	22
9:00 Balance & Chair Yoga - Good News Church 10:00 Computer Class 10:00 Essentrics Good News Church High Low Jack 1:00 Jay Elias Live & Learn	9:30 Writers Workshop 9:30 Fit Happens 10:15 Zumba Gold 1:00 Bingo 	10:00 Hiking 10:00 Knit/Crochet 12-1 Caregiver/ Transition Group 12:30 Movie: The Old Way 2:00 Book Club Greater Boston Food Bank Pick-Up 	9:00 Seated Fitness - Good News Church 9:30 Fit Happens 10:00 Diabetic Shoes 10:15 Zumba Gold 12:30 Bridge 1:00 Line Dancing - Good News Church 1:30 History Group Scrapbooking	9:30 Watercolors 10:00 Essentrics Good News Church 12:00 Hand & Foot Cards
25	26	27	28	29
9:00 Balance & Chair Yoga - Good News Church 10:00 Phone Class 10:00 Essentrics Good News Church High Low Jack 1:00	9:30 Writers Workshop 9:30 Fit Happens 10:15 Zumba Gold 1:00 Bingo	10:00 Hiking 10:00 At Home Hearing Healthcare 10:00 Knit/Crochet 11:30 Welcoming Wednesday Lunch 1:00 Cribbage 1:00 Senior Meetup	9:00 Seated Fitness - Good News Church 9:30 Fit Happens 10:15 Zumba Gold 12:30 Bridge 1:00 Line Dancing - Good News Church 	9:30 Watercolors 10:00 Essentrics Good News Church 12:00 Hand & Foot Cards

One-on-One Smart Phone Training

Do you have a smart phone (Apple, Samsung, Motorola) and need guidance on how to use it?

We now have 30-minute one-on-one appointments to get the training you need. Space is limited.

Please call 774-203-1906 to reserve a time and let us know what type of phone you have.

Dates to choose from:

- 8/14
- 8/28
- 9/11
- 9/20

Appointments start at 10:00 am. Appointments are free but donations are welcome.

This program is funded in part by a grant from Bristol Elder Services, Inc., through a contract with the Massachusetts Office of Elder Affairs.

Jay Elias - Live and Learn

Join Jay Elias from Dyer Lake for a lively and fun discussion. Jay always has a fun new topic!

September 18th at 1:00 pm

Call 774-203-1906 to let us know you're coming.

Computer Classes

Sign up for one or more classes! Space is limited, and preregistration is required. We have ten Chromebooks available for class use or you may bring in your own laptop to use for the class if you prefer.

8/7 – 10am-12pm

Introduction to Computer Basics

Learn the very basics of how to use a computer. This class is designed for those with very little or no computer experience.

8/21 – 10am-12pm

All about Email

This class will focus on creating and using an email account. Learn how to send messages, attach photos, and download/view attachments. This class is designed for those who know the basics of computer usage.

9/5 – 10am-12pm

So You Want to Use the Internet

This class focuses on how to search and navigate the Internet. Learn how to keep your searches safe, identify spam, and minimize your risk while online. This class is designed for those who know the basics of computer usage.

9/18 – 10am-12pm

The Next Step – Using Computer Programs

For those who are proficient with email and surfing the web, this class will focus on downloading and installing apps, providing an introduction to Microsoft Word and Excel, and utilizing programs already installed on your computer.

This program is funded in part by a grant from Bristol Elder Services, Inc., through a contract with the Massachusetts Office of Elder Affairs.

RESOURCES/SERVICES**HOW CAN THE C.O.A. HELP ME?**

Listed below are some of the many services and programs we offer older adults and caregivers:

The Telephone Reassurance Service Program

Provides a phone call check in made at a specified time of day to provide contact and friendly conversation. Call the Outreach Department if you would like to schedule this service or need more information.

MEDICAL EQUIPMENT***60-day loan policy on all medical equipment***

The medical equipment loan program is for residents of Attleboro, 60 years or older. We have a variety of equipment such as walkers, commodes, shower chairs, benches, travel wheelchairs and rollators. Loaned equipment returned in 60 days. Call Donna at 774-203-1903 to discuss and schedule a pick-up time. We accept donations of medical equipment in good, clean condition. Our space is limited, so please call to schedule a date /time to drop-off donated equipment.

USED HEARING AIDS & EYEGASSES:

The Lion's Club is seeking donations of used hearing aids and eyeglasses. Items may be dropped off at the Senior Center.

ELDER ABUSE IS A SERIOUS ISSUE:

If you have cause to believe that you or someone you know who is sixty or older is being abused, neglected, or exploited, call to file a confidential report with the statewide Elder Abuse Hotline at 800-922-2275. Open 7 days a week/24 hours a day.

SENIOR PROPERTY TAX WORK-OFF PROGRAM:

The City of Attleboro's Senior Property Tax Work-Off Program is a program that provides the City of Attleboro with the opportunity to utilize the knowledge and skills of its senior residents in exchange for credit toward the residents' property tax bill. The purpose of this program is to enhance municipal services and alleviate senior residents' tax burden. A maximum of a \$1000 credit per household can be earned in exchange for hours worked throughout various city departments. Areas where seniors can volunteer include the COA, Library, DPW, Veterans, Compost, and other city departments. Interested applicants call 774-203-1908 to learn more about how to apply.

Space is limited and acceptance into the program is not guaranteed.

Blood Pressure Screening

Attleboro's public health nurse, Allison Brum, Will be available for blood pressure screening, Health & wellness checks and dental resources.

Wednesday, August 2nd and September 6th
9:00-10:00 am Appointment required.
Call 774-203-1906 to register.

Call Allison with any questions at
(508) 223-2222 ext.3244

**COMMODITIES SUPPLEMENTAL
FOOD PROGRAM**

Are you a **Senior from Attleboro who can benefit from a free 30 lb. bag of non-perishable groceries** every month? You may be eligible for the **Commodity Supplemental Food Program from the Greater Boston Food Bank.**

The Commodity Supplemental Food Program works to improve the health of low income elderly persons at least 60 years of age by supplementing their diets with nutritious USDA Foods.

If you are a senior who meets the qualifications and wants to participate in this program, please call **774-203-1908.

**At Home Hearing Healthcare
Mobile Clinic
FREE!**

Join us on the fourth Wednesday of each month.

August 23rd and September 27th, from
10:00 am - 12:00 pm by appointment ONLY.

This team of Board Certified Hearing Instrument Specialists will perform a hearing test and/or clean hearing aids and ears if needed. They work with many major insurance companies including Mass Health.

Would You Like to Have Free Internet Service at Home?

Thanks to a grant from the Community Health Systems Foundation, the Council on Aging now has a large supply of free Internet hotspot devices available for borrowing! Get instant access to the Internet at home at no cost. Devices may be borrowed for a two-week period.

Call 774-203-1906 to borrow a hotspot today!

ZOO PASSES: Zoo passes which admit **two seniors and four grandchildren** are available through the Larson Center. **PASSES MUST BE USED IN A TIMELY MANNER AND RETURNED ASAP. For ATTLEBORO residents ONLY.**

Call 774-203-1906 to see if a pass is available.



STORM SAFETY INFORMATION

To see if the Senior Center is **CLOSED** or if there is a **DELAYED OPENING**, call the Center **after 7:00 am** at **774-203-1906**. You can also check on meal cancellations or any other important information! During an **EMERGENCY**, tune into **AM 1320**.



FRIENDS OF THE CENTER

The local Friends group is a private, non-profit corporation whose purpose is to raise funds to support programs and purchase equipment for the senior center. New board members are needed. To become a Friend of the Rev. Larson Senior Center, Call 774-203-1900.

**To CONTACT the Senior Center,
Call 774-203-1906
Fax 508-222-2581
Staff can be reached directly at the numbers listed below.**

Director

Kelly A. Lee - 774-203-1900

Assistant Director

Courtney Diamond - 774-203-1901

Program Assistant

Nutrition Coordinator

Diane Carlon - 774-203-1905
Lorraine Morrill - 774-203-1905

Senior Clerk

OUTREACH

Outreach Case Managers

Marybeth Lynch - 774-203-1902
Ludie Francois - 774-203-1903
Donna Viens - 774-203-1907

S.H.I.N.E. PROGRAM - 774-203-1910

Director -

SHINE Counselor

Patty Ellis

SHINE Clerk

Kathleen Demeule

SHINE Program Coordinator

Clare Williman

Maintenance

Armando Rao

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