

*We are open Monday thru Thursday 9-2*  
**SCHEDULE OF DAILY EVENTS**

<b>MONDAYS</b>	<b>TUESDAYS</b>	<b>WEDNESDAYS</b>	<b>THURSDAYS</b>
9:00 Walking Club	9:00 Walking Club	9:00 Walking Club	9:00 Walking Club
9:30 Reverse Glass	9:30 Zumba	10:00 Osteo Exercise	9:00 Yoga
Painting	9:30 Cribbage	12:00 Needle Works	9:30 Computers
10:00 Osteo Exercise	12:00 Bingo		10:00 & 12:00 Painting
12:00 Needle Works			10:00 Tai Chi
			12:00 Bingo

***Upcoming Events for March***

**CPR:** Wednesday March 2<sup>nd</sup> at 11:00 Heart smart CPR presentation with Fire Chief Vinson! Nurse Ann will be here to check blood pressures and blood sugars, and the Worcester County Sherriff's Department will be here to speak about prescription drug disposal. Enjoy a delicious baked potato bar with all the fixings. Lunch is \$3.00, the program is free.

**Saint Patrick's Day Party:** Thursday March 17<sup>th</sup> at 11:00. Please join us for a delicious corn beef and cabbage meal prepared by the Blackstone Valley Culinary students. We are delighted to have Dick Chase perform for us, the show is free and is being sponsored by the Douglas Cultural Council. The cost for lunch is \$10.00 and must be paid for by March 10th.

**Wild Life Presentation:** Wednesday March 23<sup>rd</sup> at 11:00 Come on in and learn about the wildlife in our area. We will be having a Ham Dinner following the presentation. The show is free the cost for lunch is \$3.00. Please sign up by March 17<sup>th</sup>.

***Upcoming Events for April***

**Protecting yourself against Medicare Fraud:** Wednesday April 20<sup>th</sup> 10:30-11:30 followed by a Soup and Sandwich bar. The program is free the cost for lunch is \$3.00. Please call to reserve your spot by April 14<sup>th</sup> (508)476-2283.

**Sunshine Club Night Events**

**Meetings are held on the first Thursday of the month at the senior center at 3:00.  
We are always looking for new members.**

**3/8/16 Night Bingo & Ice Cream Social 5:30 (sponsored by Brookside Rehab)**

**3/31/16 Movie Night @ 6:00 Movie to be announced (see outside board)**

**4/12/16 Night Bingo & Ice Cream Social (sponsored by Brookside Rehab)**

**4/28/16 Movie Night @ 6:00 Movie to be announced (see our outside board)**

## **HEALTH SERVICES**

### **Podiatrist**

The podiatrist will be at the center on April 25th. Appointments start at 10:30 and require a reservation. Appointments fill up quickly. Please reserve your space early, if you need to cancel please let us know as soon as possible, so that someone else can utilize this appointment time.

### **Blood Pressure Clinic**

The Blood Pressure Clinic with Nurse Ann will be at the Senior Center on March 2<sup>nd</sup>, 7<sup>th</sup>, & 24<sup>th</sup> & April 4<sup>th</sup> & 21<sup>st</sup> from 10-12. Appointments are not necessary and walk-ins are welcome.

**Shine Counselor:** Appointments start at 9:15 and are necessary. Please call our March & April dates at (508)476-2283.

## **TRANSPORTATION INFORMATION**

### **Elder Bus Service Schedule**

S.C.M. Elderbus, under contract to the Worcester Regional Transit Authority, provides transportation services to senior and disabled clients for twenty-one communities within central Massachusetts. Please call elder bus directly at (1-800-321-0243) to make all reservations. Reservations must be made 48 business hours in advance.

#### **Douglas Service Schedule In Town:**

##### **Monday - Friday**

##### **Service Hours**

1st Pick-up Last Pick-up

Medical 8:30 a.m. - 3:30 p.m.

Work 8:30 a.m. - 3:30 p.m.

General Business 8:30 a.m. - 3:15 p.m.

#### **Out of Town Medical: Wednesday, Thursday,**

##### **Friday**

##### **Service Hours**

Trips to Worcester/Auburn

10:00 - 12:00

12:00 - 2:00

#### **Out of Town Grocery Shopping: Tuesday**

Customer Choice Drop-Off Pick-Up

Walmart - Whitinsville 11:00-12:30

### **The Douglas Council on Aging**

Patrick Blake	Chairperson	Janet Ouillette	Board Member	<b>Senior Center Staff</b>
Christine Furno	Vice Chair	Loretta Wall	Board Member	Patrice Rousseau Director/Outreach Manager
Jennifer Hoffer	Secretary	Thomas Wall	Board Member	Sandy Hansen Secretary
Martha Allan	Board Member	Janet Brule	Board Member	Cheryl Bengtson Secretary
Rita Haire	Board Member			

\*The Senior Center is always looking for volunteers to assist in our programs. Please call to sign up, if you are interested.

\*Please check with your Healthcare provider before participating in any exercise program.

\*Newsletter Disclaimer: All programs are subject to change due to speaker availability or senior interest. All Political handouts are courtesy of that particular candidate; the senior center does not support or endorse any political candidate or any one agency that may visit the center. **This newsletter is provided with funding from, The Executive Office of Elder Affairs.**



**Dear Seniors,**

Our center is booming with lots of activities day and night. If you haven't joined in on the fun don't be shy come on in or call us first and we will make sure you have an ambassador to navigate you through our many programs or to just sit with you at lunch. We look forward to meeting more new seniors in the coming year. Also don't forget if transportation is a problem to call the elder bus. Lots of our seniors use this reliable friendly service and are able to be picked up right at their front doors and dropped off at ours.

**Shopping:** Our Sunshine Club has a lovely table with lots of lovely items for sale, we also have many beautiful crochet and knitted items. Come on in and take a peek at these beautiful items. All proceeds benefit the Sunshine Club.

**Outreach:** The outreach program is available Monday-Friday from the senior center or from the comfort of your own home. Please call to schedule appointments, walk-ins are welcome but you may have to wait.

**Senior Services:** The senior center and its outreach program provide multiple services and programs to the seniors of Douglas. Below are the number of seniors served in December & January.

**Phone Calls: 95**

**Meals Served: 456**

**Monthly Visitors: 698**

**Transportation: 130**

**Outreach Assistance: 463**

**Exercise Programs Attendees: 253**

**Smoke Detectors/Carbon Monoxide Detectors:** Don't forget to test your alarms and change your batteries. The Douglas Fire Department is working with the Red Cross to provide any senior free detectors, free batteries and installation. Call the senior center to sign up anytime for this program (508)476-2283.

Thank You,

Patrice Rousseau

Director/Outreach Case Manager

**PLEASE NOTE: OUR NEWSLETTER WILL NOW ONLY BE MAILED IN SEPTEMBER AND FEBRUARY WE WILL BE POSTING ALL OF OUR ACTIVITIES ON OUR TOWN WEB-SITE, OUR FACEBOOK PAGE, OUR BULLETIN BOARD LOCATED OUTSIDE THE SENIOR CENTER, ON CABLE AND IN THE BLACKSTONE VALLEY TRIBUNE. WE WILL ALSO BE LEAVING A MONTHLY FLYER AROUND TOWN AT THE LOCAL BUSINESSES AND THE TOWN HALL.**

Douglas Senior Center  
331 Main Street  
P.O. Box 1295  
Douglas, MA 01516  
476-2283

# Senior Ax-ccent

Council on Aging Newsletter

Senior

Ax-

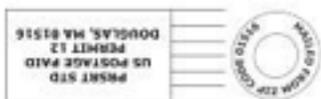
ccent

“This institute is an equal opportunity provider”

---

March/April 2016

Current Resident or



Douglas COA  
P.O. Box 1298  
Douglas, MA 01516