

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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
9:00 Walking Club	9:00 Walking Club	9:00 Walking Club	9:00 Walking Club
10:00 Osteo exercise	9:30 Zumba	10:00 Osteo exercise	9:30 Computers
10:00 Reverse Glass Painting	9:30 Cribbage	11:00 Coloring	10:00 Tai Chi
12:00 Needle Works	12:00 Bingo	12:00 Needle Works	10&12 Painting 12:00 Bingo

Upcoming Events for September/October

Scam Play: Thursday September 8th at 10:30. Join us as we watch the RSVP scammers act out scams. We will be having a Taco Bar for lunch the cost of the lunch is \$4.00 the show is free. Please sign up by Tuesday September 6th.

Nature Lunch & Walk: Monday September 12th join us in welcoming our Library friends and Author Marjorie Turner Hollman of easy walks in Massachusetts. She will give us a presentation of the walking trails of Douglas and all who would like to can join in a walk after lunch. We will be having the infamous baked potato bar. The price for lunch is \$3.00 the presentation is free. Please sign up by September 6th.

September 26th Flu Clinic: September 26th 9-12 the pharmacist from Market 32 will be on hand to administer the flu vaccine. Please bring your insurance card with you, appointments are necessary. Please call by 9/20 (508)476-2283.

National Smile Day: Thursday October 6th at 11:00. Come and share some smiles and laughter. We have a surprise entertainer for you who is sure to leave you smiling. Lunch to be announced. The show is free and is being sponsored by the Douglas Cultural Council. Please sign up by 9/28.

3rd Annual Halloween Party: Tuesday October 25th at 1:00. Our special theme this year is a Halloween “hoe down” so wear your best country outfit and have fun dancing to our special entertainment. You don’t want to miss this it is going to be a good time! Refreshments will be served. Please sign up by October 20th.

Upcoming Events for November/December

What’s hiding in your food: Thursday November 10th at 10:30 Nurse Ann will be talking to us about sodium. We will be having a salad bar for lunch with all the fixings, price for lunch is \$4.00 the presentation is free. Please sign up by November 7th.

Sherriff’s Department: Tuesday November 15th. Join us for a presentation on scamming and how to make sure it doesn’t happen to you. Lunch will be the delicious pasta bar. Lunch is \$3.00 the program is free. Please sign up by November 9th.

Holiday Party and sing along: Wednesday December 14th at 11:00. Come and sing along with all the holiday classics with Vinnie Aimes. Lunch to be announced. Please sign up by December 5th. The show is free and is being sponsored by the Douglas Cultural Council.

HEALTH SERVICES

The Blood Pressure Clinic

The Blood Pressure Clinic with Nurse Ann 9/12-9/29-10/3-10/20-11/7-11/17-12/5-12/15 at 10:00. Appointments are not necessary and walk-ins are welcome

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 ahead of time.

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
Christine Furno	Vice Chair	Loretta Wall	Board Member
Martha Allan	Board Member	Thomas Wall	Board Member
Rita Haire	Board Member	Janet Brule	Board Member
Jennifer Hoffer	Board Member		

Senior Center Staff

Patrice Rousseau Director/Outreach Manager
Sandy Hansen Administrative Assistant
Cheryl Bengtson Administrative Assistant

*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.

Sunshine Club News

Monthly Meetings: Are held on the first Thursday of the month at 2:00 p.m. Meetings are held at the senior center.

Evening Bingo: 9/13 from 6-8. Ice cream Social provided by Brookside Rehab at 5:30

Ham and Bean Supper: 9/22 Doors open at 5:30. Dinner at 6:00 followed by Tony Funches performing all of the hits you love! Tickets can be purchased from any Sunshine Club Member.

Movie Nights: Resuming in October look for up-coming flyers!

Trip Information: For more information on trips call Sue L'Heureux @ (508)373-9266 or Pam Schwartz @ (508)476-4474.

OUTREACH NEWS

Dear seniors,

Medical Equipment: We have plenty of walkers, wheel chairs, shower chairs and commodes if you would like to borrow an item, please let us know. These items are free of charge and may be kept as long as needed. Please call to see if we need items before you drop them off (508)476-2283.

File of Life Cards: These cards are a great way to store all of your medical information, and in the event you have an emergency all of your information is there for paramedics and the emergency room. They are available for free at the senior center so stop in and get yours today, or ask Nurse Ann when she takes your Blood Pressure!

Home Bound Seniors: All of our entertainment programs are on the local cable channel 191 if you have Charter. Tune in to see our up coming entertainers and other informational speakers.

Thank You,

Patrice Rousseau

Director / Outreach Coordinator

THE NEXT NEWSLETTER WILL BE MAILED OUT IN FEBRUARY OF 2017! NEWSLETTERS ARE AVAILABLE AT THE TOWN HALL ON OUR FACEBOOK & WEBSITE PAGES AND ARE PUBLISHED IN THE BLACKSTONE VALLEY NEWSPAPER.

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

Senior Ax-ccent



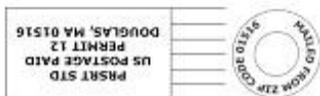
Council on Aging Newsletter

“This institute is an equal opportunity provider”

September-December 2016

LOOK INSIDE FOR ALL OF OUR UP-COMING PROGRAMS! JOIN US FOR LUNCH, A FREE SHOW OR JUST TO MEET NEW FRIENDS!

Current Resident or



Douglas COA
P.O. Box 1295
Douglas, MA 01516