

PEMBROKE PIONEER  
A Newsletter for Pembroke's Senior Citizens

Published by the Pembroke  
Council On Aging  
144 Center Street  
Pembroke, Massachusetts 02359

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Director: Anna Seery, LICSW

September 2015

781-294-8220

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## SPOT LIGHT

All of us at The Council on Aging would like to send out our sympathies to the family and friends of Mary Willis. Mary was an important part of the COA community, helping to serve hundreds of seniors living in Pembroke in her many years as Director. She will be remembered fondly by all of us.

On Wednesday **September 16<sup>th</sup> at 12:30PM**, Ann Murphy from **Gentivia Home Health and Hospice** will conduct an interactive discussion on **Memory** beginning with a brief overview, exploring topics of ways to help your memory, how to engage in conversation with individuals suffering from memory loss and when one should be concerned about their own memory. Light Refreshments will be served.

On Wednesday **September 23<sup>rd</sup> at 12:30PM** there will be representatives from **Old Colony Council Elder Services** to present information on **Long-Term Care Options Counseling Program and Old Colony Elder Services (OCES) Programs**. Old Colony Elder Services supports the independence and dignity of elders and individuals with disabilities by providing essential information and services that promote healthy and safe living. Representatives from OCES will explain how you can develop your own personal long-term care plan and connect you to the resources, services and supports that may help you remain in the community.

On **September 30<sup>th</sup>** with OCES we will be hosting a **Build Your Own Hamburger Lunch** and a **Sing-Along** of favorite songs. Songs will include old time favorites, lyric books will be provided. There will be a \$2.00 fee for lunch. Sign up required by September 23<sup>rd</sup>. Call the COA if you need a ride.

**Hello Dull Men...** if you haven't been to a meeting lately you may have missed - besides the *insightful and stimulating conversation*, the following goings on:

We have welcomed in four new members John Solino, Nigel Harling, Al Busa and Mike Wyman. Sadly, this year we lost three members, Connie Church one of our founding members died on January 3<sup>rd</sup>. Mervyn Cook also passed away and Bob Haddock moved to Maine.

State Representative Josh Cutler visited, we were entertained twice by member and country singer Tom Grono, we took a road trip to Northborough to attend the state DMC cookout and have gone out to lunch at the Lucky Dawg.

Today a photographer from the Pembroke Mariner and Express was with us snapping pictures for a spread in their paper which should appear in the next addition. Next week a reporter from WATD radio in Marshfield will be visiting us.

Our charity 50/50 raffle was started in October 2010, we have given \$3484 to local charities; this year's donations include, \$50 to the Military Support Group, \$100 to the Fuel Assistance Program, \$50 to St. Thecla Parish Fund memory of Lee Smith, \$100 to Pembroke Food Pantry, \$50 to The Wounded Warrior Program in memory of Mervyn Cook and \$50 to Jimmy Fund Telethon. We meet every **Wednesday at 10:00** and welcome any men who want to participate in our stimulating conversations of the mundane.

## ANNA'S CORNER

**New Carpet**, on **September 10<sup>th</sup> and 11<sup>th</sup>** there will be new carpets installed in the Senior Center. Due to minimal access to the building we will **close it to the public**, activities that take place in the Senior Center will be cancelled including Congregate Lunch. However, **Meals on Wheels will be delivered and our Van/Ride service and trips will still be operating**. There will be staff available to answer calls and assist as needed. We may not be able to answer the phone but please leave a message and we will return your call. This is a big project, however the installers feel they can complete in 2 days. We are excited about the new carpet and are working on other building updates to further enhance the senior center.

I am truly overwhelmed by the response and interest for the open positions on the Board of Directors. It is exciting to see so much interest from the residents of Pembroke to share their interests and expertise. Due to such a great response the Board has decided to reinstate the Associate positions. I look forward to working with all the members to develop initiatives and set short and long term goals.

Please remember to scan in for all activities you participate in each time at the Senior Center. Having just completed the Formula Grant the COA receives from the EOE and preparing the Annual Report made me realize how important our numbers are. In fact, scanning into My Senior Center t is the only way we can track true numbers, so please scan in. For example, if you come for a group, and pick up bread and stay for lunch, you should scan in for all three events.

On the first Tuesday of the month at 10:00AM I have set aside an hour called "Coffee with Anna", this is an opportunity for anyone to come in and meet with me, present ideas, concerns, visions and programming. My best ideas come from those I have spoken with. Please stop by.

~ Anna

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### **SENIOR SAVINGS~**

#### **Telephone 411 Directory Assistance Surcharge Exemption for Seniors**

Shared By Bob Mahoney, President, Dennis Friends' Group

The elimination of residential white page phone books has reduced paper and ink use, saving phone companies a large expense. And by gaining regulatory approval to charge a fee, \$2.49 is added to the monthly bill for each 411 directory assistance request. This addition also increases the taxable total of the monthly phone bill.

While computer literate individuals can get numbers free at websites, a large segment of the population, senior citizens and those with certain medical conditions, are beholden to directory assistance as the only means to obtaining an unknown but desired number.

Fortunately, in Massachusetts, Representative George Peterson of Grafton, introduced an enabling bill "An Act regarding regulation of directory assistance" in 2013. The bill proposed to exempt from directory assistance charges, "Customers who are certified handicapped or elderly." Hearings were held at the State House, modifications were made, and the bill became law. The Commonwealth remains the only state to allow exemption by age.

The major phone companies serving Massachusetts have forms available for their customers to apply for the exemption. Comcast at 1-855-270-0379 and Verizon at 1-800-974-6006.

The age exemption form requires the applicant be 65 or older. For Comcast, the customer must present a copy of a photo-identifying document "that includes date of birth or other proof of age." The medical disability exemption requires a "letter of eligibility" from your doctor, as regards physical disability, cognitive/intellectual disability or visual impairment.

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The Council on Aging would like to express appreciation to Old Colony Elders Service for their generous donation in memory of Mary Willis, recognizing the many years she served on their Board of Directors and as an advocate and positive influence on elders.

**Donations to the Friends**

*We thank the following individuals for their generous gifts to the Friends of the Pembroke Council on Aging:*

Al and Betty Supple, James W. Davis, Leona Roach, Kathleen Marie Flaherty, Craig Chandler, Judy Bishop, Eileen Pierce and Kathleen Dziab

Chair Yoga in memory of Mary Willis  
Joseph B. Murray in Honor of all Volunteers  
Anne Richardson in memory of Joseph P Doherty  
Shirley Wise Gilbert in memory of Shelia Gallivan  
Kathleen Dziab in memory of Mary Willis and Lee Smith  
The Quilting Bees in memory of Mary Willis  
Ruth Ingalls in memory of Mary Willis

**Friends Monthly Meeting will be held  
September 15 at 10:30 AM**

You're encouraged to attend and get involved!

**Friends: Officers and Board of Directors**

**Officers:**

President: Suzanne Cutler  
Vice President: Gail Shaw  
Secretary: Mary Salter  
Treasurer: Ruth Pilkuhn

**Board of Directors:**

2015 Dianne Robbins  
2016 Ruth Ingalls  
2017 Marie Federico  
2015 Jeanne Duffy  
2018 Connie Marano

**Coffee, Tea and Friends**

The Coffee Pot is always on. Stop by the Center anytime for a cup of tea or coffee and a chat with others who are hanging out at the center or attending one of our programs. You're always welcome – and you'll like the people you meet.

**Join the Friends and Support the COA!**

Mail your \$5 check and the coupon below to:  
Pembroke COA, PO Box 221, Pembroke, MA 02359

Name \_\_\_\_\_ Date \_\_\_\_\_  
Address \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_

My membership dues for 2015 \$5.00  
I want to give more. I include an additional contribution of \_\_\_\_\_  
I'd like to make a gift in memory/honor of \_\_\_\_\_  
Total \_\_\_\_\_

Your dues will help the Friends underwrite the cost of the activities and resources of the COA.

## New Fitness and Wellness Programs for Pembroke Seniors

The **Pembroke Council on Aging** is partnering with the **New England Village** to offer more Fitness and Wellness programs to the senior citizens of Pembroke. The New England Village is located at 664 School Street (Route 27) Pembroke. On the extensive grounds of New England Village is **The Sollar Wellness Center** which has a shallow water therapeutic swimming pool (heated to 88 degrees), a hot tub, locker rooms with showers, a fitness studio, a cardio fitness room, an extensive art room, classroom space, a full kitchen, a computer room, an indoor walking track and an outdoor Labyrinth. Listed below are **Open House** activities to introduce residents to the programs offered. These open houses are a wonderful way for you to get acquainted with The Sollar Wellness Center and look into these newly offered programs.

On **Thursday September 17<sup>th</sup>** from **5:30-6:30PM** there will be a **Water Zumba** Demonstration/Class offered. There is no fee for this introductory class, just bring your bathing suit, water shoes and towel. Pre-registration is required, sign-up sheet is at the Senior Center. Starting October 1<sup>st</sup> there will be a 5 week session of **Water Zumba Class** offered on **Thursday nights from 5:30-6:30PM**, the senior rate is \$25.00 for all five classes.

Additionally, on **Saturday September 19<sup>th</sup>** from 9-10AM there will be a **Gentle Waves Yoga** Demonstration/Class. This program takes place in the pool (bring your bathing suit, water shoes and a towel), the class is a fusion of Yoga and Tai Chi, and while there is no fee for the Demonstration Class, sign up is necessary. Starting October 3<sup>rd</sup> there will be a 5 week session of Gentle Waves Yoga offered Saturday Mornings at 9AM, the senior rate will be \$25 for 5 classes.

In celebration of the **Autumn Solstice**, on **September 22<sup>nd</sup>** at 9:30AM **Rita Whooley** will be holding her **Chair Yoga** class at The Sollar Wellness Center, in conjunction with the class, attendees will be offered a Meditative Demonstration and be introduced to the therapeutic benefits of a Labyrinth, and have the opportunity to utilize the Labyrinth, refreshments will be served after the demonstration. Chair Yoga has a \$4.00 fee. The Walking Group from the COA is also invited to attend.

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The **2015 Walk to End Alzheimer's Disease** will take place in Plymouth, Saturday September 19, 2015. Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions. Together, we can end Alzheimer's disease, the nation's sixth-leading cause of death. Registration at 8:30am | Ceremony at 9:40am | Walk at 10:00am  
Route Length: 2.2 miles and 1.2 mile option. Registration and walk begins at Pilgrim Memorial State Park, 79 Water Street, Plymouth, MA 02360. There is still time register as a team or individually, or just show up to show support and cheer the walkers on. For more information go to [www.alzwalkMANH.org](http://www.alzwalkMANH.org).

The book to be reviewed by the **Book Review Group** for August is **All the Light We Cannot See** by Anthony Doerr

There will be **no Tai Chi** for the month of September.

Do you have a morning to spare? The COA is looking for volunteers to help in the kitchen on Mondays and Wednesday mornings. Duties include assisting the Nutrition Manager from Old Colony Elder Services in preparation of the Meals on Wheels and Congregate luncheons. Please Contact us at 781-293-8220 or stop by and fill out a volunteer application.

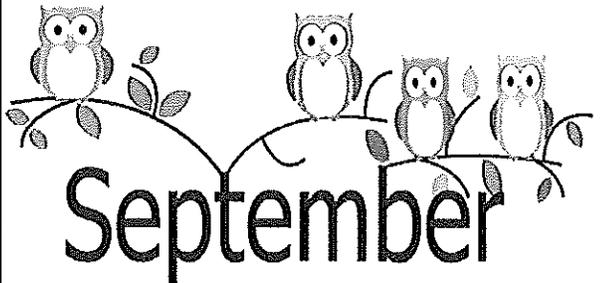
We are still looking for a **tech savvy** volunteer. We need assistance, read **HELP**, with our media setup. TV, DVD, public address system and all that it entails. Please contact our office 781-294-8220 if you think you can help.

# Old Colony Elder Services Nutrition Program

Mary Ellis Nutrition Manger

## September 2015 Menu\*

Nutrition 781-294-4645

| MONDAY                                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                             | THURSDAY                                                                                                                                                                                                                                                    | FRIDAY                                                                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>*Please note:nutrition analysis includes entrée only (protein/starch/veg). Add'l sodium from: Milk ~100 mg Sweets~200mg,Bread~150mg Margarine~45mg, Fruit~5mg<br/>♦=congregate meal only<br/>❖=high sodium entrée. No margarine w/sandwich meals</p> | <p><b>1</b><br/>Chicken Stir Fry<br/>Lo Mein Noodles<br/>Chinese Vegetables<br/>Fortune Cookie<br/>Whole Wheat Roll<br/>Fresh Orange<br/><br/>Calories:327<br/>Sodium: 303 mg Carb: 32.2 g</p>               | <p><b>2</b> Tuna Salad on Lettuce Bed w/Pita Half<br/>Pasta Salad Vinaigrette<br/>Tomato and Roasted Red Pepper Salad<br/>Butterscotch Pudding<br/>MOD: Diet Vanilla Pudding<br/><br/>Calories: 427<br/>Sodium: 576mg Carb: 53.4g</p> | <p><b>3</b> Roast Turkey w/Gravy<br/>Mashed Potatoes<br/>Stuffing/Cranberry Sce<br/>Vegetable Blend Mix<br/>Multigrain Bread<br/>Raspberry Filled Cookie<br/>Diet: Lorna Doones<br/><br/>Calories:342<br/>Sodium: 654mg Carb: 38.8g</p>                     | <p><b>4</b> ❖Hot Dog w/Bun<br/>Baked Beans<br/>Summer Spring Vegetable Blend<br/>Ketchup<br/>Potato Chips<br/>Watermelon Cubes<br/><br/>Calories: 613<br/>Sodium: 1158 mg Carb:69.6g</p>                                     |
|                                                                                                                                                                         | <p><b>8</b><br/>Greek Chicken<br/>Roasted Sweet Potatoes<br/>Broccoli<br/>Rye Bread<br/>Chocolate Cupcake<br/>MOD: Strawberry Graham<br/><br/>Calories: 389<br/>Sodium 272 mg Carb:31.9 g</p>                | <p><b>9</b><br/>Salmon Boat w/Newburg Sauce<br/>Herbed Brown Rice<br/>Roman Vegetable Blend<br/>Whole Wheat Roll<br/>Cantaloupe Cubes<br/><br/>Calories:290<br/>Sodium: 406mg Carb: 38.8g</p>                                         | <p><b>10</b><br/>Stuffed Shells w/Meat Sauce<br/>Italian Vegetable Blend<br/>Italian Bread<br/>Parmesan Cheese<br/>Light Hot Apple Crisp<br/><br/>Calories 351<br/>Sodium: 481 mg Carb: 28.8 g</p>                                                          | <p><b>11</b><br/>Meatloaf w/Gravy<br/>Baked Potato<br/>Sour Cream<br/>French Cut Green Beans<br/>Oatmeal Bread<br/>Banana<br/><br/>Calories: 432<br/>Sodium: 342 mg Carb:48.1g</p>                                           |
| <p><b>14</b><br/>Steak &amp; Peppers on Whole Wheat Sub Roll<br/>Oven Roasted Potatoes<br/>Apple Juice<br/>Fruited Yogurt<br/>****No Milk Served****<br/><br/>Calories: 514<br/>Sodium: 577 mg Carb:52.8 g</p>                                          | <p><b>15</b><br/>Macaroni &amp; Cheese w/Bread Crumb Topping<br/>Broccoli<br/>Light Hot Peach Crisp<br/>Multigrain Bread<br/><br/>Calories:397<br/>Sodium: 668 mg Carb: 53.5g</p>                            | <p><b>16</b><br/>Chicken Marsala<br/>Penne Pasta<br/>Brussel Sprouts<br/>Whole Wheat Roll<br/>Gingerbread Cake<br/>MOD: Lorna Doones<br/><br/>Calories:332<br/>Sodium: 205 mg Carb:40.7 g</p>                                         | <p><b>17</b>Minestrone Soup w/Crackers<br/>❖Roast Beef on Lettuce Bed w/Kaiser Roll<br/>Italian Pasta Salad<br/>Spinach Salad w/ Mandarin Oranges<br/>Chocolate Pudding<br/>MOD: Diet Choc Pudding<br/><br/>Calories: 487<br/>Sodium:751mg Carb: 59.9 g</p> | <p><b>18</b><br/>Roast Pork w/Fruit Salsa<br/>Baked Sweet Potato<br/>Zucchini Squash Medley<br/>Marble Rye Bread<br/>Banana<br/><br/>Calories:389<br/>Sodium: 94 mg Carb: 36.5g</p>                                          |
| <p><b>21</b> Sloppy Joe<br/>Seasoned Oven Roasted Potatoes<br/>California Vegetable Blend<br/>Hamburger Bun<br/>Vanilla Pudding w/♦Topping<br/>MOD: Diet Van.Pudding<br/><br/>Calories: 544<br/>Sodium: 535mg Carb:61.6 g</p>                           | <p><b>22</b> Chicken Parmesan with Tomato Sauce<br/>Rigatoni<br/>Baby Carrots<br/>Parmesan Cheese<br/>Italian Bread<br/>Diced Pears<br/><br/>Calories: 436<br/>Sodium: 467 mg Carb:45.1 g</p>                | <p><b>23</b><br/>Swiss Cheese Omelet<br/>Home Fries<br/>Peppers &amp; Onions<br/>Rye Bread<br/>Honey Dew Melon Cubes<br/><br/>Calories: 345<br/>Sodium:413mg Carb: 31.2g</p>                                                          | <p><b>24</b><br/>Spanish Pot Roast<br/>Roasted Sweet Potatoes<br/>Spinach<br/>Oatmeal Bread<br/>Pound Cake<br/>MOD: Lemon Grahams<br/><br/>Calories:308<br/>Sodium: 241mg Carb: 35.8 g</p>                                                                  | <p><b>25</b>Potato Crunch Fish w/Lemon Sauce<br/>Tartar Sauce<br/>Brown Wild Rice Blend<br/>Zucchini &amp; Tomatoes<br/>Whole Wheat Bread<br/>Fresh Fruit in Season<br/><br/>Calories: 465<br/>Sodium: 440mg Carb: 54.4g</p> |
| <p><b>28</b>Mediterranean Chicken<br/>Bowtie Pasta<br/>Broccoli<br/>Multigrain Bread<br/>Chocolate Pudding<br/>MOD: Diet Choc.Pudding<br/><br/>Calories: 374<br/>Sodium:471 mg Carb:42.5 g</p>                                                          | <p><b>29</b> BBQ Pork Patty<br/>Oven Roasted Potatoes<br/>Jardiniere Vegetables<br/>Sub Roll<br/>Double Chocolate Chip Cookie<br/>MOD: Lorna Doones<br/><br/>Calories: 431<br/>Sodium: 645mg Carb: 55.4g</p> | <p><b>30</b> Eggplant Parmesan w/Meat Sauce &amp; Ziti<br/>Parmesan Cheese<br/>Brussel Sprouts<br/>Italian Bread<br/>Peach Slices<br/><br/>Calories: 495<br/>Sodium:696mg Carb: 63.5g</p>                                             |                                                                                                                                                                         |                                                                                                                                                                                                                              |

Suggested Voluntary Donation-\$2.50/meal Menu is subject to change without notice  
For cancellations of home delivered meals, call the Nutrition Department Office @ 508-584-1561 Cancellations should be made no later than 10:30 am on the day before delivery

Call COA Office @ (781) 294-8220 to signup for activities.

LUNCH @11:30 \$2

Nutrition 781-294-4645

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| MONDAY                                                                                                                                                                             | TUESDAY                                                                                                                                                                                                             | WEDNESDAY                                                                                                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                                                                                                                                      | FRIDAY |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| <p><b>1</b></p> <p>9:30 Rita's Chair Yoga \$4<br/>10:00 Coffee with Anna<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>1:00 Hamaford's &amp; Job Lot<br/>1:00 ZUMBA GOLD \$5</p> | <p><b>2</b></p> <p>10:00 DULL MEN'S GROUP<br/>10:30 Walking Group<br/>11:30 Lunch \$2</p>                                                                                                                           | <p><b>3</b></p> <p>10:00 Quilting Group<br/>11:30 Lunch \$2<br/>1:00 Wal-Mart Shopping<br/>1:30 Line Dancing \$3<br/>1:00 Bingo @ Kilcommons</p>                                                                                                                                                   | <p><b>4</b></p> <p>7:50 Market Basket<br/>9:00 Rep Josh Cutler<br/>9:30 Rita's Chair Yoga \$4/10:00 Knitting<br/>10:15 Hanover Mall<br/>10:30 Walking Group<br/>11:30 Lunch \$2/12:30-2:00 Jewelry Making<br/>12:30 Cribbage &amp; Whist</p>                                                                                  |        |
| <p><b>8</b></p> <p>9:30 Rita's Chair Yoga \$4<br/>10:30 Walking Group<br/>10:30 Castle Island<br/>11:30 Lunch \$2<br/>1:00 ZUMBA GOLD \$5<br/>6:00 COA BOARD MTNG</p>              | <p><b>9</b></p> <p>10:00 DULL MEN'S GROUP<br/>10:00 Caregiver Group<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>12:30 Movie-Dr. Zhivago</p>                                                                     | <p><b>10</b></p> <p>Carpet Installation<br/>10:00 Quilting Group cancelled<br/>11:30 Lunch Cancelled<br/>12:00 Walmart will operate<br/><i>Meals-On-Wheels will be delivered</i><br/>1:30 Line Dancing Cancelled<br/><i>Office will be open/Vans are operating</i><br/>1:00 Bingo @ Kilcommons</p> | <p><b>11</b></p> <p>Carpet Installation<br/>7:50 Food Shopping will operate<br/>10:15 Hanover Mall will operate<br/><i>Meals on Wheels will be delivered</i><br/>11:30 Lunch Cancelled<br/>Chair Yoga, Poetry &amp; Literature<br/>Group, Cribbage and Whist- cancelled<br/><i>Office will be open/Vans are operating</i></p> |        |
| <p><b>14</b></p> <p>10:00 BOOK REVIEW GROUP<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>1:00 BINGO</p>                                                                         | <p><b>15</b></p> <p>9:30 Rita's Chair Yoga \$4<br/>10:30 Friends of the COA<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>1:00 Roche Brothers -shopping<br/>1:00 ZUMBA GOLD \$5<br/>4:30 Ageless Grace at NEV</p> | <p><b>16</b></p> <p>10:00 DULL MEN'S GROUP<br/>10:30 Walking Group<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>12:30 - Presentation on Memory<br/>1:00 Atty. Conroy by Apt</p>                                                                                                                 | <p><b>17</b></p> <p>10:00 Quilting Group<br/>11:30 Lunch \$2<br/>1:00 Wal-Mart Shopping<br/>1:30 Line Dancing \$3<br/>1:00 Bingo @ Kilcommons<br/>6:00 Water Zumba Demo at NEV</p>                                                                                                                                            |        |
| <p><b>21</b></p> <p>10:30 Walking Group<br/>11:30 Lunch \$2</p>                                                                                                                    | <p><b>22</b></p> <p>9:30 Rita's Chair Yoga \$4<br/>10:30 Trip to JFK Library<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>1:00 ZUMBA GOLD \$5</p>                                                                | <p><b>23</b></p> <p>10:00 DULL MEN'S GROUP<br/>10:00 Caregiver Group-cancelled<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>11:30 Music by Charlene<br/>12:30 Presentation- OCES<br/>1:30 MOVIE- All of Me</p>                                                                                  | <p><b>24</b></p> <p>10:00 Quilting Group<br/>11:30 Lunch \$2<br/>1:00 Wal-Mart Shopping<br/>1:30 Line Dancing \$3<br/>1:30 OCPC Delegates<br/>1:00 Bingo @ Kilcommons</p>                                                                                                                                                     |        |
| <p><b>28</b></p> <p>10:30 Walking Group<br/>11:30 Lunch \$2<br/>1:00 BINGO</p>                                                                                                     | <p><b>29</b></p> <p>9:30 Rita's Chair Yoga \$4<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>1:00 Christmas Tree Shop<br/>1:00 ZUMBA GOLD \$5</p>                                                                 | <p><b>30</b></p> <p>10:00 DULL MEN'S GROUP<br/>10:30 Walking Group<br/>11:30 Lunch \$2 Built Your Own Hamburger and Sing A-Long</p>                                                                                                                                                                | <p><b>25</b></p> <p>7:50 Food Shopping<br/>9:00 Podiatrist by appointment<br/>9:30 Rita's Chair Yoga \$4/10:00 Knitting<br/>10:15 Hanover Mall 10:30 Walking Group<br/>11:30 Lunch \$2<br/>12:30-2:00 Poetry &amp; Literature Group<br/>12:30 Cribbage &amp; Whist</p>                                                        |        |
| <p><b>28</b></p> <p>10:30 Walking Group<br/>11:30 Lunch \$2<br/>1:00 BINGO</p>                                                                                                     | <p><b>29</b></p> <p>9:30 Rita's Chair Yoga \$4<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>1:00 Christmas Tree Shop<br/>1:00 ZUMBA GOLD \$5</p>                                                                 | <p>Lunch reservations must be made a week in advance call: 781-294-4645</p>                                                                                                                                                                                                                        | <p>FOOD SHOPPING RESERVATIONS 48 HR IN ADVANCE 3 BAG LIMIT</p>                                                                                                                                                                                                                                                                |        |



**HAPPY LABOR DAY!**  
OFFICE CLOSED  
NO LUNCH

Like us on Facebook at Pembroke Council on Aging

**COUNCIL ON AGING BOARD**

Chairman: Linda Osborne—2017  
 Vice Chairman: Open—2015  
 Recording Clerk: John Melchin—2017  
 Treasurer: Kathleen Toole--2016  
 Open--2015; James Kinkade--2015;  
 Janet Laberge--2016

**FREE HEALTH SCREENING CLINCS: PLEASE NOTE CHANGES IN DATES AND TIMES  
 LAST PATIENT SEEN 15 MINUTES BEFORE CLOSING TIME.**

|                           |                              |             |
|---------------------------|------------------------------|-------------|
| COUNCIL ON AGING          | Wednesday, September 9, 2015 | 11:00-12:00 |
| KILCOMMONS COMMUNITY ROOM | Tuesday, September 15, 2015  | 11:00-12:00 |
| MACDONALD WAY             | Monday, September, 21 2015   | 11:00-12:00 |
| MAYFLOWER COURT           | Monday, September 28, 2015   | 11:00-12:00 |

Screenings include: Blood pressure and vital sign assessment, blood sugar screening, nutritional counseling, medication review and instruction.

**IN MEMORIAM**

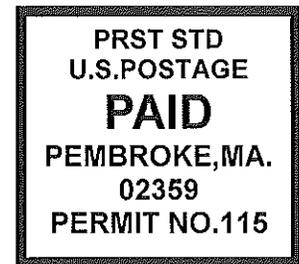
Mary Willis, James Kilcommons, Howard Nelson, Jean Dellapi, Elia Beatrice McSharry,  
 Donald Cook, Virginia Golden, Roberta Johndrow and Madeline Litchfield

*"Who redeemeth thy life from destruction; who crowneth thee with loving kindness and tender mercies."*

*Psalms103:4*

PEMBROKE COUNCIL ON AGING  
SENIOR CENTER  
144 CENTER STREET  
PEMBROKE, MA. 02359

CHANGE SERVICE REQUESTED



### **Trip to the JFK Library**

On **9/8/2015 at 10:30** we will be offering a trip to the **JFK Library**, admission is \$10 per senior. There will be time to explore the Museum, have lunch in the café or bring you own picnic lunch to dine outside. The Van will return to the Senior Center at approximately 3:00PM. Admission and lunch are on your own. Seats are limited, registration required. Pre-payment required.

Postage, printing and/or distribution of this Newsletter is made possible in part by a Grant from the Massachusetts Executive Office of Elder Affairs

**"The Pembroke COA does not endorse the content of any seminars.  
They are for informational use only."**