

TAUNTON COUNCIL ON AGING NEWSLETTER

30 OLNEY STREET
TEL: 508-821-1425



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*TASK FORCE FUEL ASSISTANCE
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*BUS PASS PROGRAM
YOGA
BLOOD PRESSURE SCREENING
BEGINNERS FITNESS
ADVANCED FITNESS
HEARING SCREENING
LINE DANCING
HEALTH PROGRAMS
FLU SHOTS
DROP-IN CENTER LUNCH
MONTHLY NEWSLETTER
PHOTO ID PROGRAM
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"FILE OF LIFE" PROGRAM
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"SHINE" COUNSELING
CRIBBAGE
FORTY-FIVE
SUECA
BINGO
MOVIE PROGRAM
KNITTING
CROCHETING
ART CLASS
QUILTING
PUZZLE EXCHANGE
REFERRALS FOR HOME
DELIVERED MEALS
HEALTH EDUCATION TOPICS
DIAL-A-RIDE
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PARTIES & SPECIAL EVENTS
BEGINNERS COMPUTER CLASSES
READING BOOKS AVAILABLE
*SENIOR TAX WORK OFF PROGRAM
CHECKERS
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*SUBJECT TO FUNDING

ORAL HEALTH SCREENING

The Taunton Senior Center is pleased to host an Oral Health Assessment for Taunton seniors on Thursday, April 2, 2009 from 12:30 p.m. to 3:30 p.m. The screening is in cooperation with the Massachusetts Department of Public Health Office of Oral Health, the Executive Office of Elder Affairs and Harvard School of Dental Medicine.

The oral health assessments, which will include an oral cancer screening, will be performed by dentists and dental hygienists. Participants will receive oral health supplies, such as a toothbrush, toothpaste, floss, denture brush, etc. Taunton seniors interested in participating need to call the center at 508-821-1425 to set up an appointment. Screenings will be done on an appointment basis only.

MEDICARE PRESCRIPTION DRUG PLANS INFORMATION PRESENTATION

The Taunton Senior Center will hold informational sessions on how the Medicare Part D plans work and how they interact with the Massachusetts Prescription Advantage plan.

The sessions will be held in small groups of ten seniors. The smaller groups will help us to better explain the program and answer all questions presented. The first presentation will be held on Tuesday, March 3, 2009 from 1:30 – 3:30 p.m. The same presentation will be held every Tuesday in March at the same time.

Seniors interested in attending should call the senior center at 508-821-1425 to register.

A SPECIAL THANK YOU

The Department of Human Services Board of Directors and Staff extend a special thank you to Assistant Director Anne Bisson for her generous donation of the Wii gaming system. Anne donated the Wii in memory of John Rice (Uncle Jack). Thank you Anne for thinking of us.



MOVIE PROGRAM

"MAMMA MIA"

The Taunton Senior Center is pleased to present the musical "Mamma Mia" on Thursday, March 12, 2009 at 1:30 p.m.

"Mamma Mia" is the story of a young girl longing to discover the identity of her true father and the lengths she will call through to make sure her father attends her wedding.

Popcorn will be served at the movie. Please call and register for the show.



DR. TERRY EVANS RUBY "OVERMEDICATED OR NOT"

Dr. Terry Evans Ruby will present an interactive discussion on "Overmedicated or Not" at the Taunton Senior Center on Monday, March 9, 2009 at 2:30 p.m.

Please join us to discuss this Goldilocks question: too much, not enough, or just the right amount of medication. You will learn, from current research, the how too many pills can exacerbate the normal process of aging.

Interested seniors are asked to call the Senior Center at 508-821-1425 to register for this presentation.

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“SHINE” Training to Begin May 18, 2009

Volunteers are being recruited for the Serving Health Information Needs of Elders Program known as “SHINE”. Those who have four to eight hours a week and would like to help senior citizens understand health insurance coverage are asked to enroll. The “SHINE” program is looking for dedicated people willing to make a commitment (some traveling may be required).

The “SHINE” program is seeking counselors in the greater Attleboro, Taunton and Fall River areas.

“SHINE” counselors are trained and certified by the Executive Office of Elder Affairs. The next “SHINE” training dates are May 18th, 20th, 28th, June 1st, 3rd, 8th, 12th, 15th, 17th, 22nd, 25th, and July 15, 2009. (Time is 10:00 a.m. to 3:00 p.m.) All dates must be attended to successfully complete the “SHINE” training.

For more information, or to sign up for training, call Lisa Sarkis, Regional “SHINE” Director, at 508-222-1399.

Wii Volunteers

The Taunton Senior Center is looking for volunteers to help with our Wii programming. The senior center has just recently received a donation of a Wii gaming system and is interested in speaking with any senior that has Wii experience. The Wii program offers a wide variety of activities for seniors. Please call and speak with Mary Ann (508-821-1425) at the Senior Center if you have Wii knowledge.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30SUECA 9:30FITNESS 101* 10:30INCOME TAX RETURN * 1:30YOGA	9:30SUECA 10:00FITNESS CLASS* 11:00INCOME TAX RETURN * 1:30MEDICARE PART D INFO SESSION* REGISTRATION NECESSARY	9-11BLOOD PRESSURE SCREENING 9:30SUECA 9:30QUILTING GROUP 1:30BINGO	9:30KNITTING 9:30SUECA 9:30“SHINE” COUNSELING 10:00FITNESS CLASS* 1:30ART GROUP 1:30LEGAL SERVICES APPTS.*	9:30SUECA 9:30FITNESS 101* 1:30LINE DANCING
9:30SUECA 9:30FITNESS 101* 10:00VISION SUPPORT GROUP MEETING 10:30INCOME TAX RETURN * 1:30YOGA 2:30DR. TERRY RUBY “ OVER-MEDICATED OR NOT”	9:30SUECA 9:30COMPUTER CLASS 10:00FITNESS CLASS* 11:00INCOME TAX RETURN * 12:30COMPUTER CLASS 1:00TRIAD MEETING 1:30MEDICARE PART D	9-11BLOOD PRESSURE SCREENING 9:30SUECA 9:30QUILTING GROUP 9:30COMPUTER CLASS 9:30“SHINE” COUNSELING 12:30COMPUTER CLASS 1:30BINGO	9:30KNITTING & CROCHETING 9:30SUECA 10:00FITNESS CLASS* 12:30COMPUTER CLASS 1:30NO ART GROUP 1:30MOVIE: MAMMA MIA	9:30SUECA 9:30FITNESS 101 12:30COMPUTER CLASS 1:30LINE DANCING
9:30SUECA 9:30FITNESS CLASS 101 10:30INCOME TAX RETURN PREPARATION- APPT. ONLY 1:30YOGA*	9:30SUECA NO FITNESS CLASS 10:00HEARING SCREEN* 11:00INCOME TAX RETURN * 1-4PHOTO ID 10-12SNAP TRAINING 1-3SNAP TRAINING	9-11BLOOD PRESSURE SCREENING 9:30SUECA 9:30QUILTING GROUP 1:30BINGO	9:30KNITTING & CROCHETING 9:30SUECA 9:30“SHINE” COUNSELING 10:00COMPUTER CLASS 1:30ART GROUP	9:30SUECA 9:30FITNESS 101* 1:30LINE DANCING
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