
LEE



SENIOR CITIZEN NEWS

243-5545

LEE COUNCIL ON AGING

21 CROSSWAY ST., LEE MA.

OFFICE HOURS: MONDAY - THURSDAY 9:00-1:30

Patricia DiGrigoli –Director

CLOSED FRIDAYS

Thanks to Glenn Bergman for our inspirational picture

WELCOME 2024 HAPPY NEW YEAR!!!



Life is short, this year break the rules, forgive quickly, kiss slowly, love truly, laugh uncontrollably, and never regret any-
thing that makes you smile. Let this be our New Year's resolu-
tion as well as we will be there for one another, as fellow mem-
bers of humanity, in the finest sense of the word.

So sail away from the safe harbor, catch the trade winds in
your sails. Explore, dream and be kind.

A HEALTHY, HAPPY NEW YEAR!!

Jean and Ricco dancing at our Christmas party! HAPPY TIMES!!



Thank you to All those who made our Girl Scout Craft fair a HUGE SUCCESS!!! TOMMY T and the BLACK VELVETS AND ELVIS!!!! At our Christmas party



CHECK OUT OUR JANUARY ACTIVITIES!! ON GOING EVERY MONTH! ALL OUR WELCOME!!!!



JOIN our Exercise Class with Chris Faber. This is a combination sit down, stand and weight lifting class. Chris targets every muscle . This is an hour class in our gym every Monday from 9-10. You will feel so much better . Class is free with a good



WORRIED ABOUT YOUR BALANCE???

Try Tai Chi!!

This class is taught by Chris Faber every Wednesday From 8:30- to 9:30 in our gym. Make one or both of these classes a New Years resolution to try .



Have you tried to start your day with our Wednesday Breakfast club??

WELL RISE AND SHINE WITH US!!

WEDNESDAY'S AT 9:30

Wed. Jan. 3rd. Breakfast quesadillas

Wed. Jan. 10th Cereal/toast ****9:00

Wed. Jan. 17th. Ham 'n' Egg Sandwich

Wed. Jan. 24th pancakes

Call a week ahead to reserve a breakfast!!!

Gosh Yarn It, It's time for our fun, knitting or just chatting group, or grab a friend and come in and play pool. When ?? Monday's, January 8th 22nd and 29th from 1 to 3 Come on in , knit, listen, play just come IN!!!!

THURSDAY JANUARY 11th
LUNCH AND MOVIE
Lunch at 12 and movie to follow



Days for Girls; A amazing group of sewers. Join them for a worthwhile cause. Friday at 1 on January 19th.

HAPPY,HAPPY, HEALTHY NEW YEAR !!!

WHAT!!!!

YOU haven't been to our popular COMMUNITY CHEF Day!!! You don't have to cook! You watch this amazing cook, cook something in front of you, you bring a container and they share it with you. You must reserve a space 3 days before so chef can plan. This months chef is from "The Landing at Laurel Lake!!! Wednesday January 31st. At 10:30



B I N G O

WIN SOME MONEY!!

10 Cents a card! Limit 6 cards

Tuesday starting at 12

Tuesday January 2nd, 9th 16th, 23rd. 30th

Did you get a tablet or phone for Christmas and don't know what to do with it? Come in Monday Jan. 8th and Damon from the Lee Library will Help you figure it out. Sign up or come in!! Start time 10:30

A NEW YEAR'S UNIQUE OPPORTUNITY

Did you ever wish you could afford to take a class on something to make you feel better/ WELL HERE IS ONE FOR YOU!!!!

A NEW TWIST FOR 2024! UNLOCK THE Power of Writing; Journaling for Clarity, Creativity, and Stress management

Join us for an interactive and uplifting workshop designed to give you fresh Insights! Discover the transformative benefits of journaling as we explore simple techniques to enhance clarity, ignite creativity, and manage stress.

Work Shop Highlights:

- *Guided writing prompts to foster creativity and positivity in your life**
- *learn how simple reflection and writing can shift energy and mindset**
 - Create a personalized binder with provided materials**
- * Opportunity to share your good energy and write heartfelt thank-you notes**

Why Attend: immerse yourself in the joy of fresh writing and discover the restorative/therapeutic power it holds. This workshop is perfect for beginners-no experience necessary, only an open mind-set.

Let's embark on a journey of self discovery and positive expression together!!




Our Facilitator is Denise DiGrigoli, author, entrepreneur, motivational life and business strategist who helps people move forward in their life pursuits.

Future sessions: If you enjoy this workshop, stay tuned for monthly sessions to make this type writing a delightful habit!

Date: MONDAY January 22nd , 11AM-12PM

Followed by a delightful tea with bite size sandwiches

WE WISH YOU ALL A HAPPY, HEALTHY, NEW YEAR!!!!

Monday	Tuesday	Wednesday	Thursday	Friday
1. Happy New Year!!! Center closed.	2.	3. 8:30 –9:30 tai Chi 9:30 breakfast with reservations 	4. No Van running today< Sorry for the inconvenience.	5.
8. 9-10 Exercise class 10:30 Technology help with Damon 1:00 –3Knitting /Pool fun	9.	 10 Brown Bag Day 10-9:30 tai Chi 9:00 Breakfast 1:00 Bridge with Jan	11. 12: 00 Movie and lunch	12.
15. Close for Martin Luther King day	16.	17. 8:30– 9:30 Tai Chi 9:30 Breakfast 1:00 Bridge with Jan	18.	19. 1-3 days for girls WE DO ALL HAVE SO MUCH TO BE TANKFUL FOR> I THANK ALL MY FAMILY AND ALL MY SENIOR FRIENDS FOR ALL THE SUPPORT
22. 9-10 Exercise class POWER OF WRITING AT 11 followed by tea and bite sized sandwiches at 12 1-3 Knitting and Pool 1-3 Knitting /pool fun	23. 9:00 Foot nurse by appt.	24. 8:30– 9:30 Tai Chi 9:30 breakfast 1:00 bridge with Jan	25. 	26. I LOVE YOU ALL!!! PAT
29. Exercise class 9-10 1:00 Knitting/ pool fun	30. 9:30 Blood pressure clinic	31. 8:30 –9:30 Tai Chi 10:30 Community Chef Day! 1:00 Bridge with Jan	MAY THIS YEAR BE A YEAR OF PEACE HAPPY NEW YEAR TO ALL!	