
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 ON FRIDAY

coa@town.lee.ma.us

picture by Matt Osak

October 2023



‘It’s not enough for the torch of liberty to be held up high only by one woman, every human must hold the torch up high in every corner of the world.’ Abhijit Naskar



**CELEBRATE OCTOBERFEST WITH US!
GEMUTLICHKEIT WHICH MEANS JOIN US
WITH FRIENDLINESS AND WARMTH
OCTOBER 18TH AT 12 OCLOCK WITH A
SPECIAL Luncheon with The Landing at Laurel
Lake**

**Enjoy music at 1:15 with Marty Plankey
(If you dare try your hand at Hammerschlagen)**



**JOIN US (IN COSTUME) for a
HALLOWEEN PARTY
12:00 Luncheon on Oct. 31st.**

**Please be sure to make reservations for
Luncheon with The Landing by Oct 12th
Halloween luncheon by Oct. 26th!**

IMPORTANT INFORMATION FOR OUR SENIORS THAT YOU WON'T WANT TO MISS!!

2023 FALL FLU CLINIC

OCTOBER 19th.

LEE SENIOR CENTER

21 Crossway St.

Southern Berkshire Public Health

Collabortive

Will be offering regular and senior dose flu
along with limited amount of egg free flu shots
Pre registration is required.

Register at:

<https://home.color.com/vaccine/register/tritown>

Or 413-717-7209

ATTENTION TO DATE

THURSDAY NOV. 2nd.

At LEE SENIOR CENTER

Medicare open enrollment is Oct. 15
to Dec. 7th

State certified SHINE counselors
will be on site center on

Thursday Nov, 2nd from 9:30 to
4pm to answer individual questions
by appointment only, The SHINE
counselor can help you understand
your health care coverage, review
cost increases, and tell you what's
new with Medicare. You can com-
pare your Medicare benefits and
health insurance options at no cost.
This appt. could reduce your out of
pocket medical and/or prescription
drug cost. Also during open enroll-
ment this meeting can help you iden-
tify public benefit programs that
can help with premiums, co-
payments and health coverage based
on income and assets. These SHINE
Appts. Will fill up fast so call
243-5545 to schedule an
Appointment.

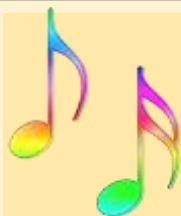
AARP FOUNDATION IS LOOKING FOR TAX-AIDE VOLUNTEERS

Volunteers fill a variety of roles:

Counselors work with taxpayers directly fill-
ing out tax returns, Facilitators to welcome
taxpayer, Technology coordinators, bilingual
speakers

PLEASE call 413-446-7483 for Berkshire
County information.

So many count on this amazing program!



“Let’s sing in the sunshine. Lets
have a great day” when we have
our breakfast together this way”!!

Oct. 4th 9:30 Breakfast Pie

Oct. 11th 9:00 Berry baked oat-

meal Oct. 24th: Breakfast Bread

Pudding Call for reservations PLEASE!!

**October 2, 16th 23rd. 30th : Knitting
Group and Pool group 1-3**

October 3rd., 10th 17th 24th bingo AT 12

Thursday October 12 at
12 Luncheon with mov-
ie to follow! Movie??

WALMART TRIP
CALL FOR SEAT
ON VAN
TRIP OCT> 19th!
Leaving at 9:30

**OUR COMMUNITY CHEF DAY
Is NOT TO BE MISSED !!
CALL FOR RESERVATIONS A MUST
CHEF DAY OCTOBER 25th
PLEASE CALL BY OCT. OCT. 19th
Remember your container!!!**

DO YOU NEED HELP WITH YOUR TABLET OR
COMPUTERS well Damon from our Lee library will
be here on Monday October 16th and October 30th to
help with one on one technology aide.

SEE YOU AT 10:30!!!!

Coffee and TEA will be ready!

Damon from Lee Library had so information for us about the Library. He is even coming back to help us with our Computers!!! Many thanks Damon!



A huge HUG goes out to Susan Sparks, Physical Therapist, for a wealth of information to help us out with our balance during a "Matter of Balance class!"



**Justin Soules from Soules Fitness was very inspiring helping us with balance exercises! WE CAN DO THIS!!!!
THANK's JUSTIN!**



**AWESOME MUSIC with BRUCE MANDEL
and DOUG
SCHMOLZE**



**DON'T
MISS out
ON OUR CENTER
FUN!!!**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. 9-10 Exercise with Chris 1:00 Knitting/Pool</p> 	<p>3. OUR VAN DRIVER IS OUT THIS WEEK> IF Needed Please call and we will try tp help you out! 12:00 BINGO</p>	<p>4. 8:30– 9:30 tai Chi 9;30 Breakfast Egg Pie 1;00 Bridge with Janice</p>	<p>5. Our Van driver is out this week. I well deserved vacation. We will try to get you a ride to shopping or Lee Dr. appt. if need- ed</p>	<p>6.National smile Day!1 Smile and do some- thing nice for someone!</p> 
<p>9.Senior Center Closed</p> 	<p>10. 12:00 BINGO</p>	<p>11. 8:30-9:30 Tai Chi 9:00 Breakfast Berry Baked oatmeal Brown Bag Day</p> 	<p>12. 12:luncheon Movie to follow</p>	<p>13.Happy BIRTHDAY to OUR NAVY</p> 
<p>16. 9-10 Exercise 1:00 Knitting/Pool</p> 	<p>17. 12:00 Bingo</p>	<p>18. 8:30-9:30 Tai Chi 19. 12:00 Octoberfest 20. Party</p>	<p>19.FLU CLINIC with Registration 10:00 to 1:00 Register at https://home.color.com/vaccine/register/tritown WALMART</p>	<p>20. OR CALL for appoint- ment At 413-7177209 1-3 DAY'S FOR GIRLS MEET</p>
<p>23.9-10 Exercise with Chris 10:30 Bingo at Brown Memorial 1-3 Knitting</p>	<p>24. 9:30—breakfast bread pudding 12:00 bingo</p>	<p>25.8:30-9:30 10:30 Community Chef</p>	<p>26.</p>	<p>27.</p>
<p>30. 9-10 Exercise clinic 1-3 knitting group/poo;</p>	<p>31.THE NURSES ARE SO BUSY WITH FLU CLINICS THERE ARE NO BLLOOD PRES- SURE CLINICS Halloween party at 12</p>		<p>To often we underesti Mate the power of a touch, a smile, a kind word, a listening ear, an honest compli- ment, or the smallest</p>	<p>Act of caring, all of which have the poten- tial to turn a life around, —Leo Buscaglia</p>