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# 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 FRIDAYS** SEPTEMBER 2023

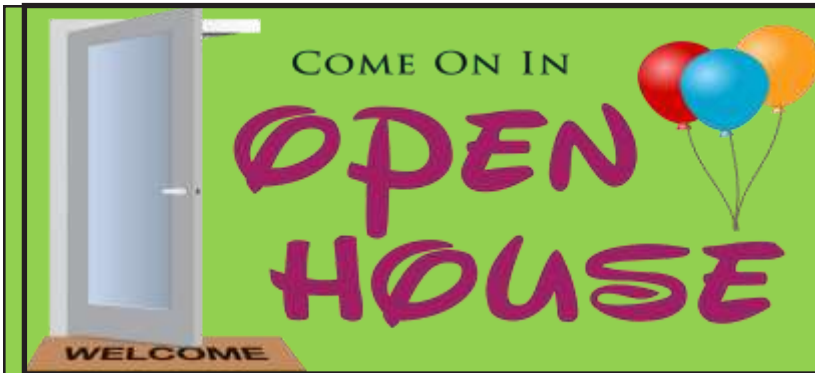
**Picture by: Barb Scolforo**

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Motherhood is so much simpler when you stop explaining  
yourself to others and just do what works for you and your  
family



**Have you been to our  
LEE SENIOR  
Community Center!  
IT'S open for you!**

**Please join us as we celebrate  
National Senior Center Month!  
A place where you can find new  
friendships, and a variety of re-  
sources. Come in and learn exactly**

**what we have to offer. We abolish the word ageism!**

**Come in at 10:30 and have some coffee, look around, come see what others have to say!**

**Special Guest : Damon Vorce, Lee Library Director with special information**

**And Mary Beth McDonough, COA Liaison from Elder Service**

**Enjoy lunch with us at 12 !**

**SEE YOU MONDAY SEPTEMBER 11th !!!**

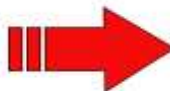
## SEPTEMBER —NATIONAL SENIOR CENTER MONTH “DISCOVER YOURS”

### CHECK OUT THE FUN FOR THIS MONTH



Everyone loves BINGO!!!!  
Join us for some laughs and you just may win!!  
10 cents a card a max of 6 cards .We play on Tuesdays. May subject to change for special occasions.  
DATES: Sept. 5th 12th 19th and 26  
Starting time 12:00

SPECIAL BNGO PARTY TO  
Celebrate GRANDPARENTS  
DAY!!  
September 12th with Lunch at 12:00  
Bingo at 12:30



**RISE AND SHINE BECAUSE WE SERVE  
BREAKFAST USUALLY EVERY WEDNES-  
DAY!!! COME AND JOIN US!**

Sept. 6th Baked French toast-with maple or-  
ange syrup TIME 9:30  
Sept. 13th Cereal/toast (Brown Bag day so 9  
O'CLOCK

Please call to make reservations THIS IS NO A  
NO RUSH BREAKFAST TIME



GREAT FUN AT 1  
COME have some fun  
with this knitting group  
or play some pool  
Sept 11th and 25th  
Or no project needed.  
A lot of laughs!



MONDAY SEPTEMBER 18th  
10:30 to 12 \*\*\* Knitting group  
12:00 LIGHT LUNCH  
MOVIE TO FOLLOW!!!  
“80 FOR BRADY”

### SAMPLE



NO BLOOD PRESSURE CLINIC  
THIS MONTH>  
FLU/ COVID CLINIC OCT. 19th



YOU ARE INVITED  
TO A FABULOUS LUNCHEON  
Provided by The Landing at Laurel  
Lake  
On September 20th at 12 o'clock AND  
Music at 1o'clock with the  
Fun story musician DOUG  
SCHMOLTZ  
Explore vintage songs from the "jazz

## CRAFTING WITH NAN and CORN HUSK DOLLS TWO AFTERNOON CLASSES

THURSDAY September 21st and 28th at 1.00  
Must sign up and commit by September 14th  
Adorable in time for Thanksgiving!!!!

(Class limited)

Day's for Girls on Sept. 15th at 1

WOW!! OUR COMMUNIT Y  
CHEF CLASS IS AMAZING!!!!  
JOIN US WITH RESERVATIONS  
PLEASE ON SEPTEMBER 27th  
At 10;30 to join friends as we  
watch delicious meals prepared.

JOHNNY APPLE SEED DAY! WE  
MUST CELEBRATE WITH BREAK-  
FAST OF APPLE WAFFLES DO COME  
ON IN ON TUESDAY SEPTEMBER 26  
TH AT 9:30 FOR A RELAXING BRAK-  
FAST!!!! SIGN UP PLEASE!



As we Celebrate National Senior Center Month we would like to rid and change the misconception of aging. It is a place to share memories with friends and make new ones. Learn different things or keep the old. We are right here in Lee and have some great



things happening. Great friends, healthy cooking classes, GREAT music, exercise classes, there is no need to stay home alone. Chef Cary from the Community Garden has made us some delicious meals FREE! DJ Pup Daddy was awesome at Musical BINGO and Tommy T and the Black Velvet along with our young Elvis Impersonator took down the house. ALL FREE



Indoor miniature golf fun and laughs!!



NEW FRIENDS

Enjoying  
Cooking  
Class



Monday	Tuesday	Wednesday	Thursday	Friday
A Happy Rosh Hashanah And Yom Kipper to ALL our friends! 	HAPPY SENIOR CENTER MONTH!!!  Hope to see YOU!!!	BIG Y AVAILABLE TO ALL MONDAY AND TUESDAY FREE DAY OLD THANK YOU BIG Y!!!!	LOCAL LEE VAN EVERY TUESDAY AND THURSDAY TO ALL LEE LOCAL SITES	1. Closed on Friday
4  Senior center Closed	5. BINGO at 12  	6. Tai Chi 8:30-9:30 9:30 Breakfast  LOVE	7. Matter of Balance class for participants  TO ALL GRANDPARENTS!!!	8. Closed on Friday SUNDAY SEPT 10th 
11.9-10 Exercise with Chris in gym 10:30 OPEN HOUSE 12:00 LUNCH 1:00 Knitting Group/Pool	12. BINGO at 12	13. Tai Chi 8:30– 9:30 ****9:00 Breakfast  Brown bag DAY 	14. Matter of balance class for participants	15. Closed on Friday 1-3 Day's For Girl's Sewing project  16 ROSH HASHANAH
18. 9-10 Exercise with Chris in Gym 10:30 Knitting group 12:00 Lunch Movie to follow <b>"80 For Brady"</b>	19.BINGO at 12	20. tai Chi 8:30-9:30 12:00 Laurel lake Luncheon 1:00 Music with Doug Schmolze	21. Wall mart trip  Last Matter of bal- ance class 1:00 Craft project DAY OF PEACE	22. Closed on Friday
25. 9-10 Exercise with Chris in gym 1:00 Knitting/Pool groups  YOM KIPPER	26.12:00 BINGO NO BLOOD PRES- SURE THIS MONTH FOOT NURDE BY APPT>	27.8:30– 9-30 tai chi 10:30 Community chef	28. Craft Project	29. Closed on Friday