
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

August 2023



GIVE THE ONES YOU LOVE WINGS TO FLY, ROOTS TO COME BACK
AND REASONS TO STAY!!!

Decluttering

Is the never ending battle of stuff!!!!

So declutter and bring your “STUFF” to the Senior center as we celebrate “TAG SALE MONTH” Call and book a table and think of the profits you can reap, as someone stuff is someone’s treasures!

Tag Sale will be AUGUST 19th from 9-2

(we will do the advertising)



“LIFE IS LIKING RIDING A BICYCLE. TO KEEP YOU **BALANCE ,
YOU MUST KEEP MOVING.”**



**So stay cool and have some fun and
meet us at the senior center!!**

BINGO

August happenings

BREAKFAST

BINGO DATES

**Come join us and have some laughs AND
win some money.. ONLY 10cents a
card!!**

**Tuesday's at 12. 0'clock
Tuesday the 1st., 8th, 15th 22nd. And
29th!**



**Knitting
AND Pool**



**Monday : August 7th, 14th 15th Come in and
Cool off and have some fun!!!**

**Days For Girl's
Friday the 18th.
Join us for a
rewarding sewing
Program! Time:1**

Blood Pressure nurse
will be here om August
29th from 9:30-10
Foot Nurse by appoint-
ment August 29th



**START YOUR MORNING WITH US!
Wednesday August 2nd WAFFLES 9:30**

**August 9th Brown Bag comes so enjoy
some Cereal, toast and cof-
fee at 9o'clock**

**August 16th scrambled egg sand-
wich 9:30**



**OUR EDUCATIONAL SERIES!!
PLEASE WELCOME JOHN KUDER ,
BRANCH MANAGER OF OUR PITTS-
FIELD TRIPPLE A TO LEARN HOW A
MEMBERSHIP CAN HELP PROVIDE US
WITH EVERYDAY SAVINGS.
JOIN US RIGHT AFTER BREAKFAST
ON
AUGUST16th at 10:30!! We all could use
some great savings!**

KEEP YOUR MIND SHARP!
Join us on MONDAY AUGUST 14TH
And COME PLAY TRIVIA WITH US!!
“WHO, WHAT ,WHERE, WHEN of the Berkshires


Hosted by Sue Doyle and HOSPICE of Western
MA. Win some great prizes!!
Stay for a light lunch !

**JOIN US FOR OUR SO POPULAR
Community chef day !! JOIN US AS THE LEE
COMMUNITY GARDEN HOST ANOTHER AW-
SOME MEAL FOR US!!! ALL WE HAVE TO DO
IS WATCH THIS FABULOUS COOK AND THEN
WE GET TO TAKE SOME HOME!!!**

FUN AND EASY
JOIN US AUGUST 23rd at 10:30!
JUST SIGN UP AND REMEMBER
To bring a container!!

MATTER OF BALANCE will be starting on Thursday's The month of August 3rd. First class August 3rd. At 10:30 at the Lee Senior Center. Must sign up as space is Limited!

NEXT



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Do You Have Concerns About Falling?

A MATTER OF BALANCE is an award-winning lay leader program designed to manage falls and increase activity levels

HIP HIP HURRAY!!!!

MOVE and GROOVE with a return appearance of our friend Rondae as she shows us a fun NEW movements of Fun musical HIP—HOP moves!!!

What better exercise and fun can you get??

It's part of some summer fun!! Join us on TUESDAY AUGUST 29th at 10:30



WHAT!!!!

ARE WE DOING NOW??

WE ARE HAVING A FLAMINGO FLING

ALL SENIORS



EXPECTED!!!!!!

AUGUST 30, 2023

WEAR SOMETHING PINK OR SOMETHING

With a lot of color COME AT 12 0'clock do some lunch (pink of course) AND THEN DANCE TO THE BEAT

OF THE FUN BRUCE MANDAL!!!

CALL FOR YOUR RESERVATION TODAY!!!!!!

MONDAY AUGUST 21ST. TIME:10:30
AFUN CRAFT PROJECT WITH TILES
BRING A PICTURE YOU LIKE OR A PAPER PRINT AND WE WILL (YOU Will) deco on this tile. Makes a nice gift.
Please some up 243-5545

SAMPLE
Using wrapping paper

Monday	Tuesday	Wednesday	Thursday	Friday
	1. 12:00 Bingo	2. 8:30 Tai Chi 9:30 Breakfast 1:00 Bridge with jJan	3. New Class of Matter Of Balance starts 10:30 –12	4.
7 9-10 Exercise in gym 1 To 3 COME Enjoy a game of pool with a friend or laugh with the knitting group	8. 12:00 BINGO	9.8:30 Tai Chi with Chris ***** 9 BREAKFAST 1:00 Bridge BROWN BAG DAY!! 	10. Balance Class	11.
14. 9-10 Exercise 10:30 Trivia fun with Due Doyle 1-3 POOL AND KNIT- TING	15. 12:00 BINGO	16. 8:30 Tai Chi in gyn 9:30 Breakfast 10:30 AAA with John Kuder 1:00 Bridge	17. Balance Class	18. Day's for Girls SATURDAY THE 19th 9 to 2 
21. 9-10 Exercise in gyn with Chris 10:30 craft project 1-3 Knitting and pool	22. 12:00 BINGO	23. 8:30 Tai Chi *****Change: Community Chef Day!	24. Balance Class	25.
28. 9-10 Exercise with chris in gym 1-3 knitting and pool	29. 9– 30 Blood Pres- sure 9:00 Foot Nurse 10:30 Fun HIP-HOP 12:00 Bingo	30. Lunch at 12 by?? Flamingo Fling Music by : BRUCE MANDEL AT 1 o'clock	31.	STAY SAFE