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## 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

[coa@town.lee.ma.us](mailto:coa@town.lee.ma.us)

CLOSED ON FRIDAY

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November 2023



*“We tend to forget that happiness doesn’t come as a result of getting something we don’t have, rather of recognizing and appreciating what we do have.”*

—William Arthur Ward



TODAY TOMORROW ALWAYS GIVE THANKS  
LET'S GATHER & BE GREATFUL  
JOIN US FOR A TRADITIONAL  
THANKSGIVING FEAST  
TUESDAY NOVEMBER 21ST, 2023  
HORS D'OEUVRES STARTING AT 12 O'CLOCK

LUNCHEON AT 12:30      CALL 243-5545

PLEASE call EARLY to make your reservations by November 16, 2023  
If you are unable to attend in person we will provide take out. Just call and let  
us know, as we are THANKFUL FOR ALL OF YOU!!! What is family for?  
LOVE AND HAPPY THANKSGIVING TO EVERYONE!

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TROUBLE OR QUESTIONS ON YOUR TABLETS?

Damon from the Lee Library will be here to help you. Join Damon on Nov.6 and 20th At 10:30 with some one on one help with your technology! 243-5545 to sign up!



**GOSH YARN IT!**  
Come join this  
Amazing knitting  
group: or play pool  
Nov. 6th, 13th 20th and 27th.



OUR BINGO DATES  
TUESDAY NOV 7th with  
Nachos  
To celebrate Nacho Day  
Nov. 14th Nov. 28th



Winter Wonderland Snowflake class.  
Not your average paper snowflake class! Sign up to join us with some holiday fun with Cindy Faggioni as she teaches us the art of paper snowflakes. Nov. 30th at 10 o'clock!!!



**THURSDAY NOVEMBER 9th**  
Movie and soup night  
Movie: Walt Disney  
**HIGH SCHOOL MUSICAL 3**  
High school seniors stage a spring musical reflecting their hopes and fears about their future.  
Lunch starts at 12 Movie to follow

**For Practical Steps to Winter Home Preparation and Energy Savings!**  
**FREE AND OPEN TO PUBLIC!**

Enjoy a complimentary lunch when you attend this Lunch & Learn presented by: **Berkshire Regional Planning Commission.** Attendees will learn about Mass save income-eligible incentives to keep your home warm and save on energy bills.

Thursday Nov.16, 2023 12 to 1:00  
Call Council on Aging to reserve lunch 243-5545 by Mon. Nov. 13th

OUR BREAKFAST SCHEDULE

Wed. Nov. 1st.: All Saints Day: bring in one item for a Veteran's shoebox gift:

Western omelet Quiche 9:30

Nov. 8th Brown bag day so cereal, toast

\*\*\*\*\***NOV 13th World Kindness day**

**Join us for a special brunch 11:00**

**(please make reservation early)**

**PLEASE Invite a Veteran**

**Nov. 15th French toast 9:30**

NO BLOOD PRESSURE  
CLINIC FOOT NURSE BY  
APPOINTMENT 243-5545

WALMART TRIP  
NOVEMBER 16th  
Call to reserve seat .  
Pick up time 9:30 call  
243-5545

**STILL A FEW TIME SLOTS FOR OUR ONE ON ONE TIME WITH A SHINE COUNSELOR TO GO OVER YOUR HEALTH CARE COVERAGE!! OPEN ENROLLMENT IS OCT. 15 TO DEC. 7TH! CALL 243-5545 SOON AS THEY WILL BE HERE ON NOVEMBER**





### CONGRATULATIONS to Our “Inspirational at 80” award recipients

Front row: Ann O’ Brien, Sandy Cozzaglio, Judy Nardacci, Clare Lahey, Sandy Hayes  
Back: Bill and Kathy Hall selectman Bob Jones, Tom Unsworth, Philip Smith, Ann Sterlin,  
Town Adm., Chris Brittain, State Rep. Smitty Pignatelli Missing,  
Mal Eckert, Elizabeth Lahey, Mary and John Philpott, Lise and Dick Shields  
Special thanks to Karen Tchougourian, Libby Driscoll, Randall trophies, Ann LaBier






Two Beautiful afghans raffles for craft fair on December 10th and Girl scouts working on  
Crafts Raffles \$5>00 for One , 3 for \$10.00  
Volunteering for Berkshire  
Botanical Garden



A HUGE THANK  
YOU TO CARY for  
Our Community



Monday	Tuesday	Wednesday	Thursday	Friday
		1. 8:30-9:30 Tai Chi 1:00 Bridge with Jan 9:30 Breakfast 1:00 bridge	2.Shine Representative here to go over insurance. Must have appointment! 9:30-3:30	3. 4. 5. Daylight savings: Remember to turn clocks BACK 1 Hour!!
6. 9-10 Exercise with Chris 10:30 Help with electronics with Damon	7. 12:00 Bingo	8. 8:30-9:30 Tai Chi Brown Bag Day  9:00 Breakfast  1:00 BRIDGE	9. 12:00 Lunch Movie to follow High School Musical 3	10. HAPPY BIRTHDAY TO OUR MARINES! 
13. World Kindness Day Brunch at 11:00 Invite a veteran 9-10 Exercise with Chris 1:00 Knitting/ Pool	14. 12:00 BINGO	15. 8:30 9:30 tai Chi 9:30 breakfast	16, Special Energy Saving information luncheon with BRPC 12:00	17. Did you know South Carolina is known as the Palmetto State. The Palmetto, a small palm tree with fan shaped leaves is the state tree.
20. 9-10 Exercise with Chris 10:30: help with tablets with Damon 1:00 Knitting and Pool	21. OUR TRADITIONAL THANKSGIVING LUNCHEON	22.8:30-9:30 tai Chi with Chris		24.
27. 9-10 Exercise with Chris 1-3 knitting /Pool	28. 12:00 Bingo	29. 10:00 Community Chef Day: 1: 00 Bridge	30. Snowflake class 10:00 Please register for Fun class!	GIRL SCOUT CRAFT FAIR COMING SOON! DECEMBER 10TH