
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
Susan Holian– Assistant

May 2020

to be
inspired is great,
to
inspire
is
incredible

INSPIRATIONAL AT 80 AWARD

We are pleased to announce our second annual “Inspiration at 80 Awards” Celebration. If you know someone over the age of 80 who lives right here in our hometown Lee , who is deserving of being recognized for their support to our community through leadership and community support., PLEASE submit their name with a description of the persons community involvement as well as a brief description of said person.

Please submit all confidential information to:

Lee Senior Center

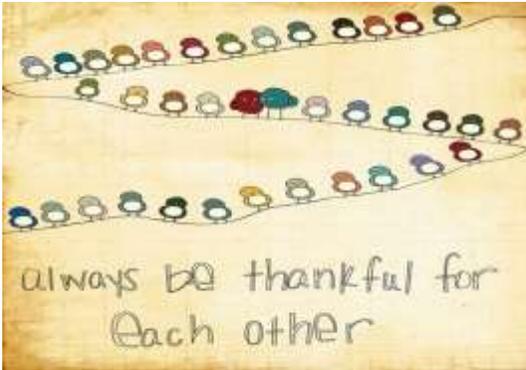
21 Crossway St. Lee, Ma. 01238



Let the Light Shine

As we continue to be fearful of this “virus” , it becomes less fearful as we know we are not alone. The outpouring of support around the world gives us hope. There is a reason and a purpose for everything and I am in awe of our community in itself. I thank God for the people I am surrounded by everyday even though it is at a distance. May is the National month for Nurses, hospital and healthcare providers, Police, firefighters, third shift workers, receptionist, senior centers, nursing centers. More than ever is the time to show our thanks and appreciation for their commitment, courage and selflessness. I also appreciate my family, our seniors, friends and ALL the volunteers who have come forward to help shop for our seniors, for all ,EMT’s the cashiers for their help, for the fire truck parades around town that show we are all in this together and the fun bedtime stories from the police department, for all the maintenance men who are keeping our buildings safe and secure, Meals on wheels drivers, the incredible food baskets donated by the Lee Middle and High School, teachers, co-workers, for donations to the food pantry and senior center. And to all those who are trying to make it better, we THANK YOU!! We need to be there for each other so call that neighbor or family member just to let them know you are thinking of them. Toot your horn by the police or fire station, show your support. Thank you all delivery drivers. We are All champions and we will be stronger than ever, we don’t need capes, just each other. Love and prayers to all!

If you would like to be added to our e-mail list to receive notices of programs, please send your name and email address to COA@town.lee.us.ma.



Don't think about the things you didn't get after praying. Think about the countless blessings God gave without asking!

Things to be Happy about
Coffee and toast
Family and friends
A sunny day
The moon and stars

EMT's/First responders/fire/police depts.
Cookies and fudge toasty warmth

Our community Volunteers shared experiences
People who care grilled cheese and soup a nice haircut music
Sea shells vacations shoes smell of newly mowed grass
Waking up to fresh snow!!!!

Celebrations for May

May 1st. May Day : We're about halfway between the spring equinox and the summer solstice. One superstition on May Day was the belief that washing the face on the morning of May 1st. Would beautify the skin and bring good luck. So go ahead and walk outside and sprinkle your face with the morning dew (or snow!).

May 2nd. Brother and Sister Day: a day to cherish your siblings. Brothers and sisters know you like no one else ever will!

May 4th –8th Teacher Appreciation Week: Thank You Teachers! Your hard work and dedication does not go un-noticed.

May 5th– Cinco de Mayo: Halo mis amigos! (Hello my friends!)

May 6th-12th—Nurses appreciation week!! Perfect time to give huge thanks to ALL NURSES out there for their passion to provide us with their care and safety. We are praying for you .

May 7th– National Day of Prayer-Pray or Meditate on Peace and Cure

May 10th

Happy Mother's Day to every
Woman out there today. You are ALL
The mother's of the world.....

An inspiration,
A roll model
And a teacher!

You are loved and we are blessed to
Have you all in our lives.

With thanks and appreciation.



We love you All

May 11th– Log b' omer ; Jewish celebration meaning to love and respect one another.

May 13th– Receptionists day as well as Third Shift worker day! Thank you! You all deserve this day.

May 15th– National old friends/ new friends day!

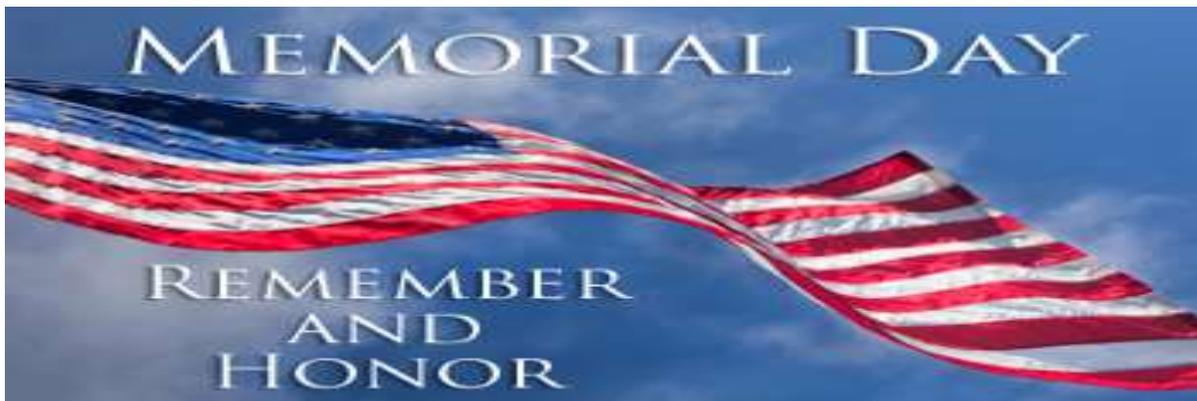
We will be friends till we are old and senile.... Then we will be new friends



May 16th– Armed forces day; Thank YOU! THANK YOU! To All our armed forces
May 21st. Waitstaff day—Thank you to all the waiters and waitresses from
burger joints to top-notch restaurants.

May 23rd Brothers Day– Oh Brother!!! They might drive us crazy.. But you’ve go to love them!!!! (Love you BOB)

May 25 Memorial Day



‘You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, “I lived through this horror, I can take the next thing that comes along.”’

—Eleanor Roosevelt

Thank You to everyone out there for their courage and support and helping us all get through this. Our thoughts, prayers are with you all and please , “STAY SAFE” .

Monday	Tuesday	Wednesday	Thursday	Friday
A special THANK YOU to the	Sheriff's Department for face masks!!!!		1. Happy May Day! Do a little dance!	2. Brother and Sister's day. Give your brother and sister a call or someone like your brother and sister!!!
4. Teacher appreciation week! Thank you To ALL the Teacher's Out there! The kids MISS YOU!	5. Cinco de Mayo	6. May 6-12th NURSES Appreciation week. Send a Thank You card to the hospital or your Nurse in a Dr.'s Office this week.	7. Day of Prayer Set some time to be thankful for all we do have. Say a prayer for all those on the front line and the one's with the virus.	8. DO THOSE EX- ERCES!!!! SUNDAY May 10 HAPPY, HAPPY MOTHER'S DAY
11. Happy Log B' omer to all our Jewish friends! Call your neighbor to your left to see how they are doing	12. Write down 10 things you are grateful for	13. Brown bag day Place a non-perishable item in box in lobby for the food pantry 	14. Write a letter to someone! Everyone loves mail!	15. New friends/ old friends day! Just smile today, it goes a long way
18. Sing a song, Hey sing and do the Hokey Pokey, that will get everything moving and laugh, it the best medicine.	19. Write down ALL your worries for the next 4 days— Express those feelings in writing—	20. When you clear your head , good things hap- pen to the rest of you.	21. Negative feelings can suppress the immune system so lets ALL think posi- tive and STAY HEALTHY!!!!	22. Write a poem , iuse the letters in you name
25. Memorial Day	26. Write the police de- partment a note.	27. Write the EMT'S /Fire fighters a note	28. Sing Dance do those exercises and SMILE!!!!	29. SEE YOU SOON!!!!