
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

January 2020 !!!!!



This gorgeous November sky was taken by Jay! Did you see it? It was awesome!!!

There's always a reason to smile, You just have to find it. Don't hold your head so low you can't see the sky!

LEE COA presents...
Divas Who Dared!

With Laura Roth At the Newly Renovated, Elegant Cranwell Resort in Lenox, Ma.
Thursday May 14, 2020

This excited trip is offered by The Lee COA through the Travel Group!
Starring Doris Day, Tammy Wynette, Crystal Gayle, and others who
have left indelible marks in show business.

Package includes:

- Delicious luncheon at the Resort
- Matinee Show with Laura Roth
 - Meal taxes and Gratuities
- ALL for \$69.00 per person (This is a self drive trip. Arrive at 11:30)
- For reservations Contact the senior center at 243-5545 by Feb.27th
- Please choose marinated grilled chicken OR Baked fish when making reservations



“ Never underestimate the power you have to take your life in a new direction.”
“Every MOMENT is a fresh beginning.” “Life’s not about expecting, hoping and wishing, it’s about doing, being and becoming!

May 2020 be filled with good health, peace, new friends and we hope
YOU SURPRISE YOURSELF!!!!

Start Here

Monday: Every
great exercise class with Chris Faber. Chris targets all muscle groups. Join her class and feel much better! It’s FREE!
Try this!!! This is a great art class with Bill Hall! Don’t say you can’t paint!
Give it a try! Come on Mon. at 1o’clock
**Tuesday: It’s Bingo Play for .10 a card!
WIN! WIN!**



Monday we have a
great exercise class with Chris Faber. Chris targets all muscle groups. Join her class and feel much better! It’s FREE!



Wednesday we have Janice and her group playing Bridge! They would love to have you join them! And have you tried Tai Chi! This is for the early risers at 8:30

Thursday: Another Bingo game and then nice relaxing Yoga with Joanne at 1:30

FRIDAY OUR CENTER IS CLOSED BUT COME WALK IN THE GYM AT 10 and If you are looking for a fun volunteer project come on in on Friday and join the Day’s for Girls project. They sew and need help just cutting the material, this is a great group!

Check our Newsletter every month as we have entertainment! Cooking classes! Special luncheons and dinners, movie and soup nights, educational programs, Meals on Wheels luncheons every day, a Shine representative, We also have a fun knitting group on Thursday at 6-8. Not everyone knits they just like to sit and visit, so come on in!!!! AARP tax prep! And more!!!!

Start something new and surprise yourself!





Center Closed Jan. 20th



Tuesday January 14th TIME 1:45
 Scam Awareness !!! How to outsmart the bad Guys!
 You can never hear this message enough!!
 Join us and Kathy Luczynski , Chief Information and Security Of-
 ficer for Adams Community Bank, Kathy will discuss some of the
 latest internet, mail and telephone scams and how to safeguard
 yourself from them. Sadly, financial scams targeting seniors have
 become so prevalent they are now considered the crime of the 21st
 Century!
 Refreshments served

January 21st. Coffee Break Day
 Come in to have your blood pressure taken and
 enjoy a coffee break time with us!

International
 coffee creamers and muffins!

It's the popular Prince spaghetti day!!! It's Make and Take
 Menu: Weekend Pasta with Broccoli and ground turkey!
 Jan. 22nd Time: 10:30
 Remember those containers!



You

Movie and Soup night Tuesday Jan. 28th
 Time :3 0'clock
 Soup to follow
 Movie: Harold
 And Maude



are Cordially Invited to a
 Golden Cane Presentation in
 Honor of
 Dorothy Mottarella
 Date: January 30, 2020
 Time 1 0'clock
 Place: Senior Center
 Refreshments to be served !

Dorothy will be so pleased to see
 you! Please join us

Susan, Jean and I would like to thank EVERYONE for their sup-
 port and all the Beautiful Cards and gifts we received this Holiday
 Season and we hope you do stop in and give our programs a try and
 we're working on new ones and hope you have some suggestions for
 us ! We also would like to do some outreach to reach our friends
 who can't make it to the center So..... If you know someone who
 could use a visit or even a little food basket please let us know.



Monday	Tuesday	Wednesday	Thursday	Friday
Happy New Year! Stop in and see us!!!!		1. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge	2. 11:30 Lunch 12:00 Bingo 1:30 Yoga Check schedule for Day's for Girls sew- ing group 243-5545	3. 10:00 Open gym walk 11:30 Lunch
6. 9:00 Osteo exercise class 11:30 Lunch 1:00 Art with Bill	7. 9:00 Blood Pressure clinic 10:00 Open gym walk 11:30 Lunch 12:00 Bingo	8. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge Brown Bag Day 	9. 11:30 Lunch 12:00 Bingo 1:30 Yoga 6:00 Knitting	10. 10:00 Open gym walk 11:30 Lunch
13. 9:00 Osteo exercise class 11:30 Lunch 1:00 Art with Bill	14. 9:00 Blood pressure clinic 10:00 Open gym walk 11:30 Lunch 12:00 Bingo 1:45 Scamming presentation	15. 8:30 tai chi 11:30 Lunch 1:00 Bridge	16. 11:30 Lunch 12:00 Bingo 1:30 Yoga 6:00 Knitting	17. 10:00 Open gym walk 11:30 Lunch
20. Martin Luther Kng Day Center is Closed	21. 9:00 Blood Pressure Clinic 10:00 Open gym day 11:30 Lunch 12:00 Bingo	22. 8:30 Tai chi 10:30 Make and Take 11:30 Lunch 1:00 Bridge	23. 11:30 Lunch 12:00 Bingo 1:30 Yoga 6:00 Knitting	24. 10:00 Open gym walk 11:30 Lunch
27. 9:00 Osteo exercise class 11:30 Lunch 1:00 Art with Bill	28. 9:00 blood Pressure clinic/Foot nurse 10:00 Open gym walk 11:30 Lunch 12:00 Bingo 3:00 Movie and Soup	29. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge	30. 11:30 Lunch 12:00 Bingo 1:30 Yoga 1:00 Golden Cane Presentation 6:00 Knitting	31. 10:00 Open gym walk 11:30 Lunch