
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

July 2019



Legends say that hummingbirds float free of time, carrying our hopes for **love, joy and celebrations. The hummingbird's delicate grace reminds us** that life is rich, beauty is everywhere, every personal connection has **meaning and that laughter is life's sweetest creations.**

This amazing picture was taken by Nancy Masterson
(daughter of Barbara and Pete Scolforo)

Farmers Market News

Although Senior Farmers market Coupons aren't available until July, some seniors have options to help them buy nutritious produce at local farmers markets. Seniors who use SNAP benefits at HIP-approved vendors at MA farmers markets can get up to \$40.00 per month instantly added back into their SNAP cards as a reward for buying local fruits and vegetables! SNAP clients are automatically enrolled in HIP, no additional paperwork is needed. Once your HIP rewards are used up for the month, many local farmers markets will double the dollars value of SNAP dollars: swipe your SNAP card for \$10.00 at farmers market and get \$20 in tokens to spend. PLEASE NOTE:

ALL Berkshire County farmers markets accept SNAP cards, but only certain vendors at these markets are HIP-approved. Check at the farmers market Manager's Table to learn which ones are HIP-approved at your market. For more information about HIP, or to sign up for SNAP benefits, call The Food Bank of Western Mass at 413-247-9738, extension 117.

You can eat more locally grown produce AND support local farmers!

Please call the Senior Center to check on Senior Farmer Market Coupons

July Buzz..... JULY 8th



You may have heard that the ukulele means “jumping fleas” in Hawaiian ..so enjoy some Hawaiian cake with us at 12o'clock on July 8th and enjoy the music from the Northern Berkshire Ukulele Club

July 9th Continuing Education Class PROTECT YOURSELF FROM MEDICARE FRAUD!

Come meet Scott Simundza, a representative from the Mass. Senior Medicare Patrol Program on Tuesday July 9th at 1:45 . And participate in a discussion on how to prevent, detect, and report healthcare errors, fraud, and abuse.. This FREE workshop will provide you with the tools to become more informed and engaged health care consumer including information about the new Medicare cards. Please join us for this important information and refreshments.

Wednesday July 17th Prince Spaghetti Make and Take Home Day Time: 10:30

Menu: Vegetable Garden Pasta

***** REMINDER: please bring your container.



July 30th Movie and Soup night Time 3:00 Soup to follow

Movie Premier: Zookeeper

The animals at the Franklin Park Zoo love their kindhearted caretaker, (Kevin James)



Council on Aging Welcomes Jeanne Tyer our New Driver. Jeanne will be driving Monday through Thursday to and from Doctor appointments. Call early for appointments. WELCOME JEANNE! Leave the driving to us!!!

To all

our



JULY 3rd

Join us at the Senior Center at 11:30 for a

BBQ 4th of July Picnic

RSVP a must by Tuesday July 2nd.



COMING SOON IN AUGUST !!!!!!!

An Old Fashion County Fair
Including a Pie Baking Contest

How Senior Center Fun
THE Has
LOOK FOT THE August newsletter

Cocktail Hour On the Varanda
Wednesday July 17th
Join us for some fun and
Laughter at 2o'clock



Ice Cream Cones Birthday
Stop by for an Ice Cream Cone
11:30 -12 on July 23rd.

*** Knitting Group Thursdays 6-8



It is with great sadness that we lost our dear friend and amazing driver Mike Buker. Mike was our faithful COA driver who only asked, "Who am I driving and where are we going?" Mike was a caring driver who took all our clients under his wing. We will miss him immensely. Our sympathy to all Mike's family and friends. May he be at peace.

Words of Hope

Hold on to what is good even if is a handful of earth.

Hold on to what you believe even if it is tree which stands by itself.

Hold on to what you must do even if it is a long way from here.

Hold on to life even when it is easier to let go. Hold on to my hand even when I have gone away from you.

—Native American Prayer

Monday	Tuesday	Wednesday	Thursday	Friday
1. 9:00 Osteo Exercise 11:30 Lunch 1:00 Art class	2. 9:00 Blood Pressure Clinic 10:00 Gym Walk 11:30 Lunch 12:00 BINGO	3. 8:30 Tai Chi 11:30 Lunch picnic 1:00 Bridge	 Happy 4th of July!	5. 10:00 Open Gym Walk 11:30 Lunch
8. 9:00 Osteo Exercise 11:30 Lunch 12:00 Special presenta- tion by the Northern Berkshire Ukele Club 1:00 Art class	9. 9:00 Blood Pressure Clinic 9:00 Foot Nurse 243- 5545 10:00 Gym Walk 11:30 Lunch 12:00 Bingo	10. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge Brown Bag Day 	11. 11:30 Lunch 12:00 BINGO 1:30 Yoga	12. 10:00 Open Gym Walk 11:30 Lunch
15. 9:00 Osteo Exercise class 11:30 Lunch 1:00 Art Class	16. 9:00 Blood Pressure Clinic 10:00 Gym Walk 11:30 Lunch 12:00 BINGO	17. 8:30 Tai Chi 10:30 Prince Spaghetti Day 11:30 Lunch 1:00 Bridge	18. 11:30 Lunch 12:00 Bingo 1:30 Yoga	19. 10:00 Open Gym Walk 11:30 Lunch
22. 9:00 Exercise class 11:30 Lunch 1:00 Art class with Bill	23. 9:00 Blood Pressure clinic 10:00 Gym walk 11:30 Lunch 12:00 Bingo	24. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge	25. 11:30 Lunch 12:00 Bingo 1:30 Yoga	26. 10:00 Open gym walk 11:30 Lunch
29. 9:00 Osteo exercise class 11:30 Lunch 1:00 No Art class today	30. 9:00 Blood Pressure Clinic 10:00 Gym walk 11:30 Lunch 12:00 BINGO 3:00 Movie/Soup night	31. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge		