
LEE



SENIOR CITIZEN NEWS

243-5545

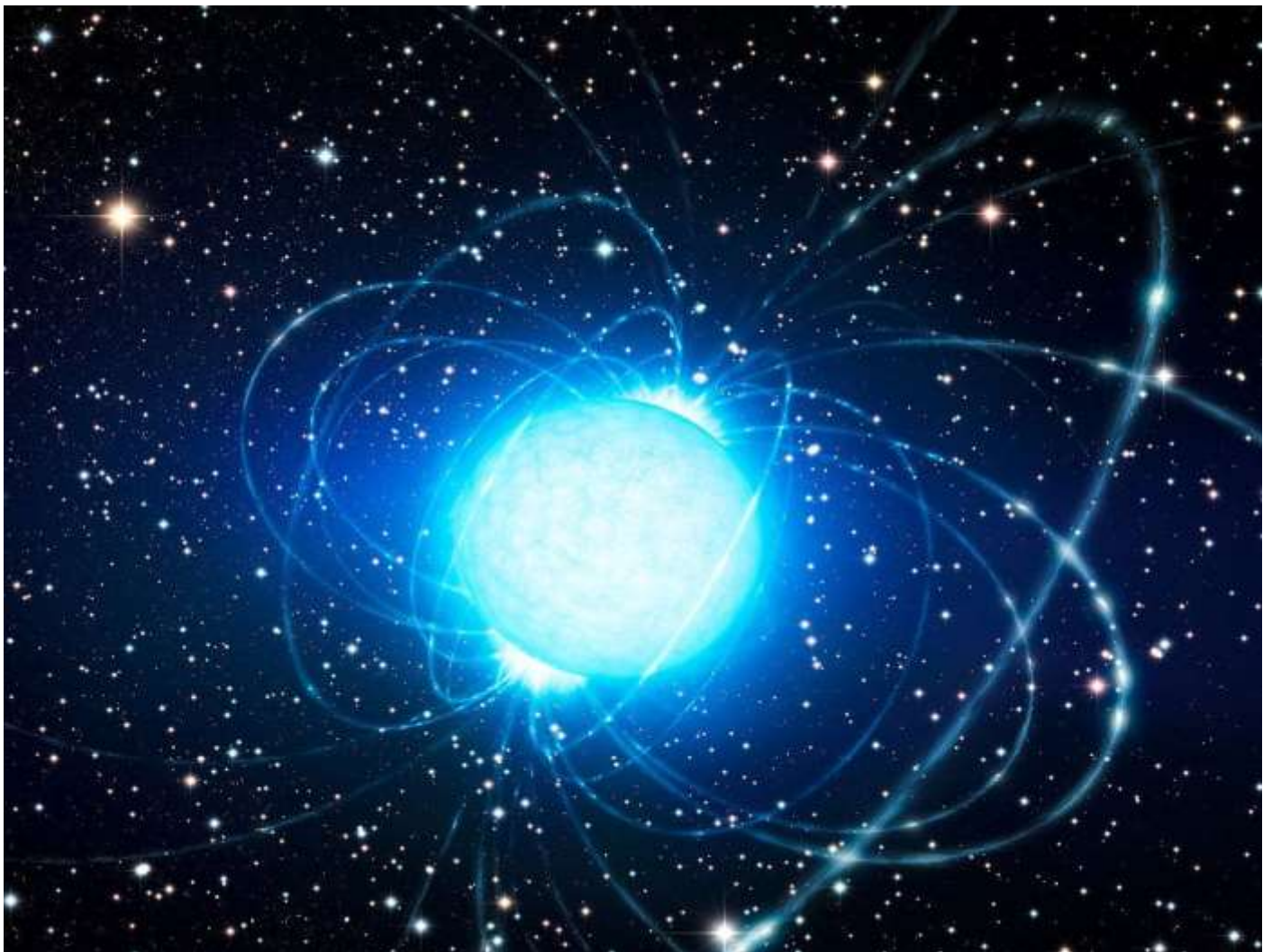
LEE COUNCIL ON AGING

21 CROSSWAY ST., LEE MA.

OFFICE HOURS: MONDAY - THURSDAY 9:00-1:30

Patricia DiGrigoli –Director
Susan Holian– Assistant

March 2020



We live in a wonderful world that is full of beauty, charm and adventures. There is no end to the adventures we can have if we can only seek them with our eyes open.

**LEE COA Presents....
DIVAS WHO DARED!**

Last chance to reserve your seat!!!!

**With Laura Roth at the Newly renovated, elegant Cran-
well Resort in Lenox Thursday May 14, 2020**

**This exciting trip is offered by Lee COA and the Travel
Group!**



**Staring Doris Day, Tammy Wynette, Crystal Gayle and
others who have left indelible marks in show business.**

**Package includes: Delicious Luncheon , Matinee Show with
Laura Roth (9 seats left!)**

All for only \$69.00 (This is a self drive trip, personal Lee table Time 11:30)

Call today for reservations 243-5545 by March 20th



Thank YOU to Shannon, Denise and Rosie from the Landing at Laurel Lake for the elegant and delicious Valentine Luncheon. WE LOVE YOU!

AND

To the girls at the Lee Library, a huge thank you and a hug for your enthusiasm and coming forward to participate in our "Make and Take Cooking class." You guys were fun and entertaining!

Special thanks goes to the Lee Cultural Council for bring HIP HOP to the Senior Center. We had a lot of laughs and a lot of fun !!1 It was great!

A heartfelt thanks goes out to the Cork n Hearth for the BEST Clam Chowder that we ever had. It was perfect for our Movie and Soup night!

It is absolutely great to have to have so much community support and involvement!!!
THANK YOU! THANK YOU!



March 5th Cold Cereal Day
Rise and Shine and come Chat!



PHONE HELP IS HERE!!!!
Students from Lee High School will help you learn how to navigate your cell phone and help us understand how to get and receive calls, take, send out and receive photos, type and receive e-mails, text and use the internet to download helpful apps and more!! Please call to make your reservation for a ONE-ON-ONE half appointment 243-5545
Date: March 12th, 20th, 23rd. And 26 Time 3-5

Do you know that social connections can be a measure of comfort and helps us put things into perspective? So join us as we celebrate "cold cereal day" !!
Date Thursday March 5th Time: 8:30
What a way to start our day!!!!

Movie and Soup Night!!!
March 31st Time: 3:00 Soup to follow
Movie:: The Second Best Exotic Marigold Hotel
Comedy-Seven cash strapped seniors decide to outsource retirement to a resort in far off India!



Our Famous Make and Take Cooking Class!!
We had a great time with Mary and Jen from the Lee Library AND now Stepping in as our HOST for March are the Girls from none other than LEE BANK!!!! Join us on March 25th at 10:30 to see what the girls will cook up for us!!!! Please register for this popular group at 243-5545 by March 19th and as always BRING YOU CONTAINER!!







“Kiss Me, I’m Irish
This Leprechaun says
As shamrocks and gold coins
Dance in his head.”.

JOIN US FOR AN IRISH BASH
Date: MONDAY March 16th
Music by: (Andy Kelly) The Kelly Brothers
TIME: 11-12

12:30 ***Irish luncheon provided by our friends from Fairview Commons
Reservations a must as seating is limited!
Call 243-5545 by March 12th

“As you slide down the banister of life, May the splinters never point in the wrong direction.”



In Observance of National Judicial Month we are pleased to

Announce that the
Honorable Jennifer Tyne
Of the Pittsfield District Court
Will be our guest speaker on
March 12th at 3:30

Justice Tyne will speak on the
Berkshire County Drug Court.


ALL are invited to attend. This is a subject that we should all
familiarize ourselves with.
WE NEED TO STAY IN THE LOOP AND BE AWARE OF
WHAT IS HAPPENING!



Na- tional
Craft Month

Did you ever want to learn the art of
STAMPING????
Think of the possibilities!!!
Make your own card, add details to your
scrapbook—OH the possibilities!
Well come on to the Senior Center on
March 30th at 10:30 and My friend Bette
Flood will show us the ART OF
STAMPING! YEAH!!!!

Please Be AWARE that all Activities and Programs are for ALL our Seniors and we would love to have you join us. Check out our newsletter and come in to observe some of our classes. We also have rides to medical appointments as well as in town trips. We have a trip to WalMart each month. Like to cook, come in and do a cooking class! We would also like to visit the homebound, so give us a call!! We are here for you!!

Monday	Tuesday	Wednesday	Thursday	Friday
2. 9:00 Osteo Exercise 11:30 Lunch 1:00 Art class	3. 9:00 Blood Pressure Clinic 10:00 Gym Walk 11:30 Lunch 12:00 BINGO	4. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge	5. 8:30 Breakfast Day Sorry, NO Bingo 1:30 Yoga 6-8 Knitting class	6. 10:00 Open Gym Walk 11:30 Lunch 1:00 Days For Girls
9. 9:00 Osteo Exercise 11:30 Lunch 1:00 ART Class with Mr. Bill	10. 9:00 Blood Pressure Clinic 10:00 Gym Walk 11:30 Lunch 12:00 Bingo	11. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge 	12. 11:30 Lunch 12:00 BINGO 1:30 YOGA 3:30 Honorable Judge Tyne to speak 6-8 knitting group	13. 10:00 Open Gym Walk 11:30 Lunch
16. 9:00 Osteo exercise 11-12 Music by The Kelly Brother's No Art today	17 9:00 Blood pressure 10:00 gym walk 11:30 Lunch 12:00 Bingo	18. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge	19. 10:00 Wal Mart trip 11:30 Lunch No Bingo Today 6-8 Knitting group	20. 10:00 Open gym walk 11:30 Lunch 1:00 Day's for Girls
23. 9:00 Osteo exercise 11:30 Lunch 1:00 Art class	24. 9:00 Blood Pressure 10:00 Gym walk 11:30 Lunch 12:00 Bingo	25. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge	26. 11:30 Lunch 12:00 Bingo 1:30 Yoga 6-8 Knitting group	27. 10:00 Open gym walk 11:30 Lunch
30. 9:00 Osteo exercise 10:30 Stamping class 11:30 Lunch 1:00 Art class	31. 9:00 Blood Pressure 10:00 Gym walk 11:30 Lunch 12:00 Bingo			