
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 2019



INSPIRATIONAL AT 80 AWARD

DO 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 SERVICE?

NOMINATE THIS PERSON FOR OUR FIRST ANNUAL

“INSPIRATIONAL AT 80 AWARDS “ Celebration

Please submit nominee’s name and age and address

Your name and contact information

Description of nominee’s community involvement as well as a brief description of nominee.

All information confidential

Send to Lee Senior Center at 21 Crossways St. Lee

By entering a nomination or confirming a nomination , entrants accept, agree and abide by the decisions of the organizers and selectors of the award programs .

For the mother is
And must be,
Whether she
Knows it or not,
The greatest, strongest
And most lasting teacher
Her children have.

Happy Mother's Day to all the
Moms, Grandmoms, sisters,
aunts
Godmothers



May Buzz.....

May 3rd. SENIOR HEALTHCARE FORUM

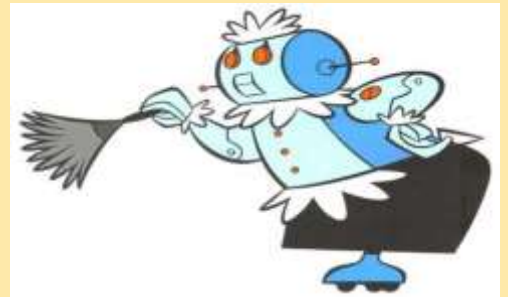
Join Mass Senior Action Council for a
 Community forum to share with Legislators
 the reality of unfair healthcare costs for seniors
FRIDAY at 11:00 AT THE LENOX TOWN HALL
Hosted by Representative Smitty Pignatelli



May 14th

Spring Cleaning workshop!!!!

This is the perfect time of year for this enjoyable workshop on cleaning out a lifetime of clutter while still honoring precious memories. Join us on Tuesday May 14th at 2:00 when Bev Favreau teaches us how to reduce “stuff” we’ve accumulated yet honor special people and the memories we have of them. This workshop is for people who seriously want to get rid of the overabundance of things they’ve saved over the years. (This is a must workshop for me!!!!)



Wednesday May 15th at 10:00 A.M.

Start your morning on a Bright note !! Join us as the Lee High School Chorus performs musical melodies for us .
 Light refreshments to be served!



May

21st. At 10:30

A unique salt craft workshop by Lynn Fay. Lynn will show us how to make colorful salt sculptures.



May 21st
 Movie and Soup Tuesday at 3:00

Movie: “A Star is Born”
 Seasoned musician discovers and falls in love with a struggling artist.

Soup to follow.

More May Buzzzzzzz.....

We are pleased to announce that the Massachusetts Bar Association has informed us that Attorney Benjamin Smith from Smith and Associates Legal Council will present us with the MBA's Elder Law Education program. Attorney Smith will present us with a wide range of legal issues affecting the lives of seniors. Please join us for this educational program **Tuesday May 28th at 2:15**. The public is always invited and encouraged to attend. Bring your questions. Light refreshments will be served.



Hurray.... It's Prom time and time for The AWESOME Lee High School Prom Fashion Show

Date: May 29th Time: 1:45

(in addition to a \$2.00 Meals on Wheels luncheon we will be serving an amazing "Greek Salad").

Would you like to learn how to play BRIDGE ??! Now is the time. Call Janice Welcome at 243-3512 .

QUEEN FOR A DAY May 9th

Okay Mom's, this day is set aside for you

Join us for a Special Mom's Bingo party at 12 o'clock followed by a
Desert buffet

5 o'clock enjoy a wonderful supper (RSVP by May 6th)

6:30 Entertainment by none other than "The Berkshire Hillsmen"



Our Prince Spaghetti Make and Take continues

This Month's Menu : White Pesto Pasta

Wednesday May 22nd at 10:30 (BRING YOUR CONTAINER)

Our "Days for Girls" project has received so much support. Thank YOU everyone! If you have any scraps of 100% cotton material or flannel please consider a donation to our project. Also if you don't sew we would enjoy your company to cut our material out. Or help us iron. A sincere thanks to ALL!

Monday	Tuesday	Wednesday	Thursday	Friday
		1. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge	2. 11:30 Lunch 12:00 Bingo 1:30 Yoga	3. 10:00 Open Gym Walk 11:30 Lunch
6. 9:00 Osteo exercise 11:30 Lunch 1:00 Art class	7. 9:00 Blood Pressure Clinic 10:00 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 5:00 Special dinner With reservations 6:30 The Berkshire Hillsman	10. 10:00 Open Gym Walk 11:30 Lunch
13. 9:00 Osteo Exercise class 11:30 Lunch 1:00 Art Class Fun	14. 9:00 Blood Pressure Clinic 10:00 Gym walk 11:30 Lunch 12:00 Bingo 2:00 Declutter work- shop	15. 8:30 Tai Chi 10:00 Lee High school School chorus 11:30 Lunch 1:00 Bridge	16. 11:30 Lunch 12:00 Bingo 1:30 Yoga ***** 10:00 Wal-Mart trip	17. 10:00 Open Gym Walk 11:30 Lunch
20. 9:00 Osteo exercise 11:30 Lunch 1:00 Art class	21. 9:00 Blood Pressure Clinic 10:00 Gym walk 10:00 Salt sculpting 11:00 Lunch 12;Bingo 3:00 Movie and soup night	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	24. 10:00 Open gym walk 11:30 Lunch
27. Memorial Day Peace to all and a Safe Memorial Day	28. 9:00 Blood pressure clinic 10: gym walk11:30 lunch 12:00 Bingo 2:15 Lawyer Smith presentation	29. 8:30 Tai chi 11:30 Lunch No Bridge today 1:45 Lee High School Prom Fashion Show	30. 11:30 Lunch 12:00 Bingo 1:30 Yoga	