

LEE



SENIOR CITIZEN NEWS

243-5545

LEE COUNCIL ON AGING

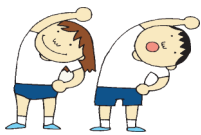
21 CROSSWAY ST., LEE MA.

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

Patricia DiGrigoli –Director
Susan Holian – Assistant

hello october,
please be good. ♥

Exercise



Art



Pool



Bridge



Walking Club

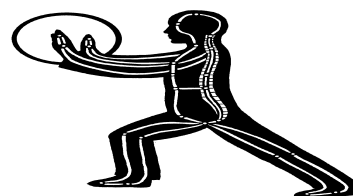


ALL at the Senior Center

YOGA



Tai Chi



MORE TO COME !!!

Seasonal FLU CLINIC

**No Appointment Needed– First Come First Serve
Tuesday, October 10th at 10:00 a.m. - 12:00 a.m.**

OR

Tuesday, October 17th at 4:00 p.m. - 6:00 p.m.



- *Wear a short sleeve shirt
 - *Have medicare/Ins. Card
 - * \$25.00 (cash or check) in case insurance does NOT participate
 - * age 18 years or older
 - At Senior Center at 21 Crossways St.
 - Sponsored by PORCHLIGHT
-

Look What Happening at the Senior Center

October 5th The Best teachers don't give you the answer, they spark within you the desire to find answers yourself. Warm wishes to all the teachers out there! Happy Teacher Day.



October 6th National Smile Day! "We shall never know all the good that a simple smile can do"! Smile at someone today. It can be catchy!!

October 9th Columbus Day Senior center is closed. **NO LUNCHESES TODAY**

October 10th Flu Shot Clinic 10:00 a.m. to 12:00 at Senior Center

October 11th Brown Bag Day



October 12th Time: 10:30 Medicare Open Enrollment deadline
is here!!!

Trained Shine Counselor Shawna Post from Elder Services will be here to help us understand the updated new changes. Come have a coffee with us and listen to what Shawna has to say. An important meeting!

October 16th Laurel Lake Pool guest. Come and play against some of our tough Competitors! (10:30)

October 17th and 24th Memoir Writing Class (we will help you write, if need) at 2

October 19th Pottery lecture courtesy of Lee Cultural Council 10:30

FIRE PREVENTION TALK

October 19th at 2' clock

Meet and Greet New Fire Chief



October 23rd. Movie night and Soup night 3 o'clock

October 24th Fairview Commons Fun Bingo 12:30

October 31st. Happy Halloween Witches Brew costume/cocktail Party

NOTE: If you would like to shop at the Lenox Price Chopper on Thursdays please call senior center at 243-5545

October 17th AND 24TH Memoir Writing Class

Writing your memoir is NOT like writing a 400 page novel.

AARP states, "it's easier than ever to preserve your legacy". The

benefits are plentiful. We all have stories worth passing on. Memoirs is not a tell all confession. This writing group will concentrate on what we feel compassionate

about . Helping us organize our thoughts into writing is **Joan Cleary** who has written in own memories in a fun context and who has 30 years of experience in literature and inventory. I for one am looking forward to this class. Join

us on **October 17th AND 24th at 2 o'clock.** (Need a ride? Call us!)

October 19th

Another fun filled and informative day at LEE SENIOR CENTER

Starting at 10:30 Courtesy of the Lee Cultural Council

Rick Hamelin Master Potter will give a 45 minute lecture ,

"Pottery, Tile and Brick Making in Massachusetts, Colonial to 1860 with an overview of techniques and locations of our local industries.....

Then at 2 o'clock Oct.19th

what a perfect time, FIRE PREVENTION



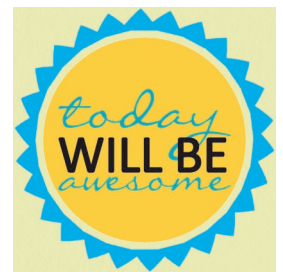
WEEK to meet

and greet our new Fire Chief Ryan Brown, who is passionate about teaching and reaching out to EVERYONE to teach some simple actions that will help save our lives. What we are about to learn from OUR CHIEF could just save our LIFE! Please come and meet Chief Brown, learn SOME LIFE SAVING strategies and enjoy some refreshments!!!!

October 23rd. 3: 00 movie and Soup night Movie: **Gifted**- Frank a single man raising his child prodigy niece Mary, is drawn into a custody battle with his mother. SOUP TO FOLLOW.

IT'S HERRRRRRRRRRRE.... hAPPy HaLLoweeeen!!!!!! 12: 00 Bingo

followed by "Witches Brew Cocktail Party" Wear a COSTUME! OCTOBER 31st. HAPPY HALLOWEEEN



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. 9:00 Osteo Exercise 11:30 Lunch 1:00 Art class</p>	<p>3. 9:00 Blood Pressure Clinic 10:00 Gym Walk 11:30 Lunch 12:00 BINGO Big Y delivery</p>	<p>4. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge</p>	<p>5. 11:30 lunch 12:00 BINGO 2:00 Yoga</p>	<p>6. 10:00 Open Gym Walk 11:30 Lunch World Smile day</p> 
<p>9. Columbus Day Senior Center Not open</p>  <p>shutterstock - 215480947</p>	<p>10. 9:00 Blood Pressure Clinic 9:00 Foot Nurse 243-5545 at Brown Court 10-12 FLU CLINIC 10:00 Gym Walk 11:30 Lunch 12:00 Bingo</p> <p>Big Y delivery</p>	<p>11. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge</p>  <p>Brown Bag Day</p>	<p>12. 11:30 Lunch 12:00 BINGO 2:00 YOGA</p> <p>***10:30 Special presentation: Understanding Medicare changes, Open enrollment.</p>	<p>13. 10:00 Open Gym Walk 11:30 Lunch</p>
<p>16. 9:00 Osteo Exercise class 10:30 Pool with Laurel Lake 11:30 Lunch 1:00 Art Class Fun</p>	<p>17. Big Y delivery 9:00 Blood Pressure Clinic 10:00 Gym Walk 11:30 Lunch 12:00 BINGO 2:00 Writing Class 4-6 FLU CLINIC</p>	<p>18. 8:30 Tai Chi</p> <p>11:30 Lunch 1:00 Bridge</p>	<p>19. 11:30 Lunch 12:00 Bingo ***** 10:30 Pottery talk No Yoga today 2:00 Fire Prevention Talk</p>	<p>20. 10:00 Open Gym Walk 11:30 Lunch</p>
<p>23. 9:00 Osteo Exercise Class 11:30 Lunch 1:00 Art class with Bill</p> <p>3:00 Movie and Soup Night Movie : Gifted</p>	<p>24. 9:00 Blood Pressure Clinic 10:00 Gym Walk 11:30 Lunch 12:30 Fairview Commons BINGO 2:00 Writing class Big Y delivery</p>	<p>25. 8:30 Tai Chi</p> <p>11:30 Lunch 1:00 Bridge</p>	<p>26. 11:30 Lunch 12:00 BINGO 2:00 YOGA</p>	<p>27. 10:00 Open Gym Walk 11:30 Lunch</p>
<p>30. 9:00 Osteo Exercise 11:30 Lunch 1:00 Art class with Bill</p>	<p>31. Big Y delivery 11:30 Lunch 12:00 Bingo 1:30 Costume/Cocktail party Happy Halloween!</p>			