
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

2017

Hello September !

The winds of change can really be beautiful!

Embrace and

Enjoy !

AND a Happy Rosh Hashanah to our friends!



Transportation Information Extended Van Service

In addition to Abbott's Taxi Service

**The Lenox Council on Aging will be available on
THURSDAY'S TO THE BIG Y**

**Van will start pickup at 8:30 at CROSSWAY'S, proceed to Hyde Place on
Railroad St. side and on to Brown Memorial Court. Will drop off at Big Y.**

**Second trip will start at 9:30. Same Route. Will drop off 9:30 passengers and
pick up the 8:30 passengers. Will circle round to pick up 9:30 passengers.
Same route for a BONUS trip to WalMart beginning at 12:45. This trip will
only run if enough passengers sign up.**

Call Senior Center in advance at 243-5545

******* This new service is offered on a trial basis*******

HERE YE, HERE YE!!!!!!

The Senior Center hereby wishes to express gratitude for the following acts of generosity and kindness:

Thank you to everyone who brought their favorite dish and dessert to our Senior Family Picnic!! Everything was delicious!!!!

To Buddy Thomson and Pete DiGrigoli, the Chefs—— those were the best Hot-dogs and Hamburg's !!!! Hugs to Carol and Warren Robertson for ALL the support and help through the whole day AND to Tommy T and the Black Velvets. Music was AWESOME!!!!

Fairview Commons Gift Card BINGO!!!!!!

WHAT!!!! You haven't been to this event hosted by Fairview Commons!!!! Come to the Senior center on Tuesday September 19th and enjoy homemade dessert from the chefs at Fairview Commons and test your luck with gift card BINGO! Pick your prize to your favorite restaurants, grocery stores, and local shops. This is a must go to event!!!!!!

WHAT'S FOR SUPPER ?

Looking for a good sit down lunch?? Did you know that our lunch provides 1/3 of your daily calorie, protein, carbs, vitamins and mineral requirements? For only a small donation of \$2.00

Are you getting the remainder of your nutrients with breakfast, supper and snacks? Do you eat until you go to bed? Do you skip meals?

Mmm... then join us on **September 14th at 10:30** for a LUNCH AND LEARN !! **Bruce Homstead**, Nutritionist and Dietician for Elder Services will give a helpful discussion on how to balance our daily food intake to make sure we our getting what our body really needs. Some helpful handouts will be provided. Call and make your reservation today 243-5545!!!!

We Connect: No one is more cherished in this world than someone who lightens the burden of another, Thank You~ Author Unknown

Do you need help with grocery shopping? Unable to get to the store? We are just a phone call away. Our new Volunteer Senior Angel Crew will pick up your list, pick up your groceries and deliver them to your door!!!!

CALL THE SENIOR CENTER FOR DETAILS!

243-5545

September 10th is Grandparents Day



A Grandchild's Hand

**The promise of tomorrow. And the hopes of dreams come true....A reminder of the childhood
That's still a part of you...**

The wonder of a miracle From which this love began. There is so much found in the touch of a
grandchild's hand.

HAPPY GRANDPARENT'S DAY!!!!

SOUP AND MOVIE NIGHT

Join us for a nice bowl of soup, bread and a movie!!

Feature Movie :

LA LA LAND


Winner of 6 academy Awards* La la Land is more than the acclaimed movie of the year-
it's a cinematic treasure for the ages that you'll fall in love with again and again. Emma
Stone and Ryan Gosling star as Mia and Sebastian, an actress and jazz musician pursuing
their Hollywood dreams.

Join us Monday September 18th at 5'o'clock for soup, followed by movie.

NOT INTO MOVIES, JOIN US FOR THE SOUP AND FRIENDSHIP



Medical equipment Closet For those in need of medical equipment. The Senior Center has a variety of walkers, commodes and X-Large protective underwear. Please call the Senior Center at 243-5545 for your needs. There is no charge for these necessities!

Monday	Tuesday	Wednesday	Thursday	Friday
				1. 10:00 Open Gym Walk 11:30 Lunch
4. Senior Center is Closed Today! 	5. 9:00 Blood Pressure Clinic 10:00 Gym Walk 11:30 Lunch 12:00 Bingo	6. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge	7. 11:30 Lunch 12:00 BINGO 1:30 YOGA	8. 10:00 Open Gym Walk 11:30 Lunch Happy Grandparent's Day Sunday Sept. 10th We Love You
11. 9:00 Osteo Exercise class 11:30 Lunch 1:00 Art Class Fun	12. 9:00 Blood Pressure Clinic 9:00 Foot Nurse 10:00 Gym Walk 11:30 Lunch 12:00 BINGO	13. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge  ** Brown Bag Day!***	14. 10:30 Elder service Lunch and Learn presentation 11:30 Lunch 12:00 Bingo ***** 1:30 Yoga	15. 10:00 Open Gym Walk 11:30 Lunch
18. 9:00 Osteo Exercise Class 10:30 Pool with Laurel Lake residents 11:30 Lunch 1:00 Art class with Bill 5:00 Soup, and Movie Night	19. 9:00 Blood Pressure Clinic 10:00 Gym Walk 11:30 Lunch 12:30 Fairview Commons BINGO	20. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge L' Shanah Tovah Have a sweet year! 	21. 11:30 Lunch 12:00 BINGO 1:30 YOGA	22. 10:00 Open Gym Walk 11:30 Lunch
25. 9:00 Osteo exercise Class 11:30 Lunch 1:00 Art Class	26. 9:00 Blood Pressure Clinic 10:00 Gym Walk 11:30 Lunch	27. 8:30 Tai Chi 11:30 Lunch 1:00 Bridge	28. 11:30 Lunch 12:00 Bingo 1:30 Yoga.	29. 10:00 open gym walk 11:30 Lunch